



Your Fantastic Elastic Brain Stretch It, Shape It

JoAnn Deak

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Did you know you can stretch and grow your own brain? Or that making mistakes is one of the best ways your brain learns? Just like how lifting weights helps your muscles get stronger, trying new things without giving up—like finding the courage to put your face in the water the first time you're at a pool—strengthens your brain. Next time, your brain will remind you that you overcame that fear, and you will be braver!

As a consultant to schools worldwide on issues of brain development and gender equity, author **JoAnn Deak**, Ph.D., and illustrator **Sarah Ackerley**, have crafted a fun and engaging introduction to the anatomy and functions of the brain that will empower each young reader to S-T-R-E-T-C-H and grow their Fantastic, Elastic Brain!

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