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Nota di contenuto	""Cover""; ""Contents""; ""A Guide to Study Strategy Activities in the Chapters, with Corresponding Grade Levels""; ""Acknowledgments""; ""About the Authors""; ""Introduction""; ""Chapter 1 - Introducing the Brain: Hooking Into Your Memory""; ""Overview""; ""Chapter 2 - Learning What Works for You""; ""Modalities and Styles Awareness""; ""Chapter 3 - Rethinking How We Learn""; ""Each Brain is Unique""; ""Chapter 4 - This Way to a Healthy Brain""; ""The All-Important a €œPTIONS€œ?""; ""Chapter 5 - Be-Boppin€œ? the Brain""; ""Musical Rhythmic Studying""; ""Chapter 6 - Talking Tightens Memory""; ""Walking down Verbal/Linguistic Lane""""Chapter 7 - Pumping up Memory With Muscles""; ""Running on the Body/Kinesthetic Track""; ""Chapter 8 - Seeing Your Thoughts""; ""Sightseeing on the Visual/Spatial Route""; ""Chapter 9 - Organizing to Know""; ""Marching down Trails of Logic""; ""Chapter 10 - Learning Together""; ""Ita€œ's More Than Just Me""; ""Chapter 11 - Timing is Everything""; ""Planning the Journey""; ""Chapter 12 - Thinking About How We Study""; ""Understanding the Path to Classroom Success""; ""Appendix""; ""References""; ""Index""
Sommario/riassunto	Presents creative, research-based study strategies covering all content

areas and tailored to elementary and middle school students' individual learning styles, including auditory, visual, and kinesthetic modalities.