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Neuromyths

Debunking False Ideas about the Brain

by Tracey Tokuhama-Espinosa

Not every teaching method touted as “brain-friendly” is supported by research findings—and misconceptions about the brain have the capacity to harm more than help.

In her new book, Tracey Tokuhama-Espinosa untangles scientific fact from pedagogical fiction, debunking dozens of widely held beliefs about the brain that have made their way into the education literature. In ten central chapters on topics ranging from brain structure to classroom environments, the text traces the origins of common neuromyths—from categorizing individuals as “right-brained” or “left-brained” to prevailing beliefs about multitasking or the effects of video games—and corrects the record with the most current knowledge.

Rather than offering pat strategies, Tokuhama-Espinosa challenges teachers curious about the brain to become learning scientists, and supplies the tools needed to evaluate research and put it to use in the classroom.

Selected Topics Include

- Why We Love Myths
- Mental Capacity is Hereditary
- Brain Parts Work in Isolation
- The Bigger Your Brain, the Smarter You Are
- The Learning Pyramid
- Students Should Be Awarded to Elicit Dopamine
- Intelligence Tests Measure Intelligence
- When You Sleep, Your Brain Shuts Down
- People Can Learn in their Sleep
- And More!

Praise for *Neuromyths*

“I am amazed at what Tracey Tokuhama-Espinosa has done in this book. Here in one place is not only evidence about the myths, but a richness about how to think and learn about neuro research. By ridding the discussion of nonsense, *Neuromyths* clears the way for enlightenment. We need a robust, sound, and evidence-based starting point to bring back learning and a deeper understanding of brain research.” —**JOHN HATTIE**, Laureate Professor, Melbourne Graduate School of Education, University of Melbourne

About the Author

TRACEY TOKUHAMA-ESPINOSA is a Professor at the Harvard University Extension School, the Associate Editor of the Nature Partner Journal *Science of Learning* and an educational researcher and professor affiliated with the Latin American Social Science Research Faculty (FLACSO) in Quito, Ecuador. Tracey also works with Connections: The Learning Sciences Platform, which provides evidence-based research tools for teachers in English and Spanish. She is the author of *Making Classrooms Better*, *Mind, Brain, and Education Science*, and the forthcoming *Five Pillars of the Mind*.



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