

Recent Additions to Data about the Benefits of Brain Gym®

Since *Educate Your Brain* went to print, I learned more about certain Brain Gym programs, and wish I'd been able to include that information in the text. Here are these updates:

Jerry Teplitz offers research studies that show the effectiveness of his programs based on Brain Gym techniques, Switched-On Selling and Switched-On Marketing. <http://www.teplitz.com/BrainGymResearch.htm>

Karen Peterson's "Move with Balance™" program has won several awards, some from insurance companies impressed with her focus on "falling-prevention" for senior citizens.
<http://www.movewithbalance.org/awards-3/>