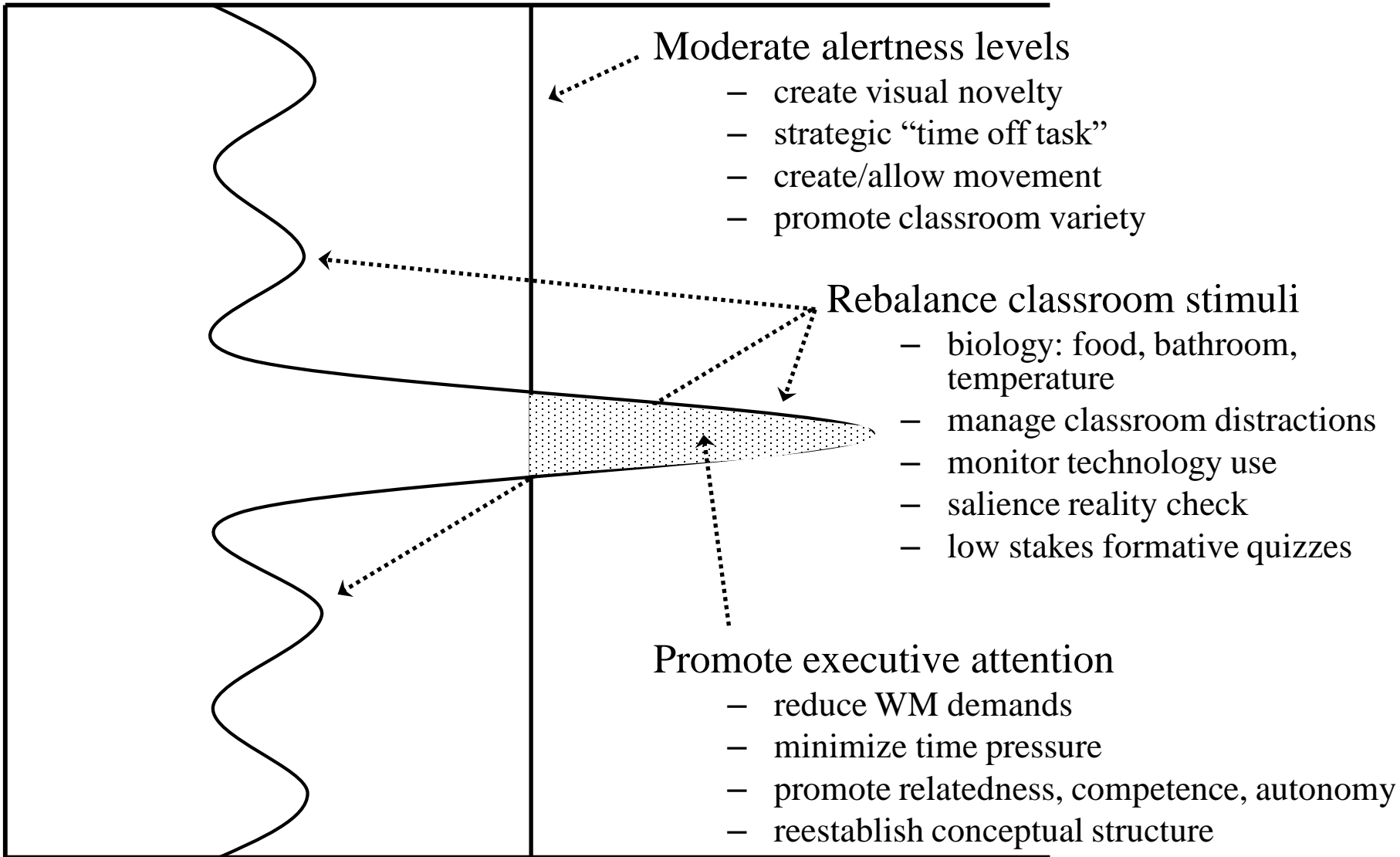


# ENVIRONMENTAL STIMULUS



# ALERTNESS

# Recommended Books

*Learning Begins: The Science of Working Memory and Attention for the Classroom Teacher*, by Andrew Watson. (My mother says it's great.)

*The Distracted Mind: Ancient Brains in a High-Tech World*, by Adam Gazzaley and Larry D. Rosen. (Written by a neuroscientist and a psychologist, this book focuses on technology as a distraction.)

*Educating the Human Brain* by Michael Posner and Mary K. Rothbart. (Not a gripping read, but lots of useful info.)

See also the bibliography on the my website: [www.TranslateTheBrain.com](http://www.TranslateTheBrain.com)