



Book Review by
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A Mind at a Time By Mel Levine, M.D.

If you have ever been frustrated by the learning needs of your students or of your own children, quick, find a copy of *A Mind at a Time*.

Dr. Mel Levine, extracting from his years of clinical practice as a neurological pediatrician and professor at University of North Carolina, Chapel Hill, shares with the reader what both his medical practice and current research have proved: different minds learn differently. Unfortunately, many schools still take the “one size fits all” approach and countless students continue to struggle to learn. Project CRISSSM-trained teachers will want to read *A Mind at a Time* for the rich background knowledge it will provide and because the book affirms our philosophy: “If students are not learning the way we are teaching them, then we will teach them the way they will learn.” Parents will want to read the book to help them solve the riddle inherent in siblings whose minds and bodies function in vastly different ways.

Weaving fascinating case studies of struggling learners into his text, Dr. Levine first describes

how learning occurs. He then discusses the different parts of the mind and the synchronicity of the brain and mind. While explaining this orchestration, using graphics and visuals as he writes, he also shows how learning strategies, many of them CRISSSM strategies, all of them relevant to CRISSSM, help strengthen areas of weakness in individual minds. So much sound support is offered in this book for the CRISSSM approach that I found myself selectively highlighting and sticky-noting throughout my reading, especially in “Some Peeks at a Mind’s Peak,” “When a Mind Falls Behind,” and “Getting a Mind Realigned (but Not Redesigned).” I now refer teachers to specific chapters and find myself frequently referencing Dr. Levine.

Today, when so many students are labeled “disabled,” Dr. Levine offers advice and support that is rational, practical, and optimistic. For more information and to learn about his non-profit institute All Kinds of Minds go to: www.allkindsofminds.com.

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