

About the Authors

Paul E. Dennison, Ph.D., has been an educator for all of his professional life. He is the creator of the Edu-Kinesthetics and Brain Gym processes, and a pioneer in applied brain research. His discoveries are based upon an understanding of the interdependence of physical development, language acquisition, and academic achievement. This perspective grew out of his background in curriculum development and experimental psychology at the University of Southern California, where he was granted a Doctorate in Education for his research in beginning reading achievement and its relationship to thinking. For nineteen years, Dr. Dennison served as director of the Valley Remedial Group Learning Centers in Southern California, helping children and adults turn their difficulties into successful growth. He is the author of twelve books and manuals, including *Switching On: A Guide to Edu-Kinesthetics*.

Gail E. Dennison is the co-author with her husband, Dr. Dennison, of the Edu-Kinesthetics series of books and manuals. The simple illustrations in the Edu-K books speak of her love of children and movement. As a dancer, she has brought grace and focus to the Brain Gym® activities. Gail has a varied background in the teaching of brain integration, including ten years' experience as a Touch for Health instructor. Gail's interest in perception and developmental skills comes through in the Edu-K vision courses. She developed the *Visioncircles* course and the *Vision Gym™* movements, in which rhythm, color, and form provide the basis for experiences that offer visual and perceptual growth. Gail is the creator of the *Brain Gym Journal*, and heads the publication committee for the Educational Kinesiology Foundation.