

Reader Views

Book reviews, for readers, by readers.

7101 Hwy 71 W #200

Austin, Texas 78735

www.readerviews.com

Unleashing Your Brilliance: Tools & Techniques to Achieve Personal, Professional & Academic Success

by Brian E. Walsh PhD

Walsh Seminars (2005)

Reviewed by Linda Benninghoff for Reader Views (1/06)

Before a child enters school, he or she learns on many levels in many ways, with all the senses. Adult learning tends to be rigid and standardized. The school may ignore the fact that each learner is unique and processes material in different ways.

Brian Walsh's book, "Unleashing Your Brilliance," will be of value to teachers, students, corporate management and anyone wanting to improve his or her life, because it explains that the brain works on many levels, and harnessing its full abilities can enhance creativity and foster learning. Walsh devotes some time to understanding where obstacles to learning come from--for example, hours spent studying that result in memorization instead of real learning.

Discussing the biological basis of learning, Dr. Walsh suggests that we need to integrate right-brain and left-brain in order to empower our thinking. Walsh describes how Einstein would use image-streaming (a thought-process stemming from his right-brain) then use the critical powers of the left brain to decode the right-brain process.

Walsh discusses the many forms of intelligence and goes into depth about each one. These include verbal-linguistic; logical-mathematical; spatial; musical; bodily-kinesthetic; social-interpersonal and spiritual-intra-personal. He mentions that for the person with great bodily-kinesthetic intelligence, sitting at a desk in school can be a cramping, stifling experience, and adds that many such children may have been incorrectly diagnosed with ADHD (Attention Deficit Hyperactivity Disorder). This part of the book was helpful to me, because I have two nephews diagnosed with ADHD disorder. They love sports and are physically active, and I wonder if they aren't misdiagnosed and might benefit from a kinesthetic approach.

Page 2 – Unleashing Your Brilliance – Review by Reader Views

linguistic skills can read, play word games, do crosswords, join Toastmasters, among other activities. Schools tend to emphasize linguistic and logical-mathematical abilities, and sometimes ignore some of the other intelligences.

Walsh also discusses hypnosis, Neurolinguistic Programming, photo reading and learning a second language.

While there are tools that can help facilitate learning, there are also factors and events that can inhibit it--a crucial one is stress. The memory of a stressful event, lying quiescent for years, can be triggered and cause "negative beliefs, desires, fantasies, compulsions, obsessions, addictions or dissociation. This toxic brew can inhibit learning and memory. Even the simple stress involved in test-taking can decrease brain-function.

While discussing stress, Walsh emphasizes the importance of emotional intelligence (EI), something different than the multiple intelligences already mentioned. Emotional intelligence may be more important than the traditional I.Q. in leading a satisfying life. Low EI can be devastating. "Low EI can sabotage the intellect and ruin educational endeavors, relationships and careers. Emotional Intelligence can be strengthened through training and/or therapy." Walsh then suggests some tools that can help emotions--exposure to natural light among them.

In "Unleashing your Brilliance," Walsh covers many topics, drawing on the most recent expertise of scientists and psychologists. His book is clear and well-organized. The writing about these difficult topics is easy to understand. He suggests a multiplicity of ways that people can use their minds more effectively. This excellent book will be useful to anyone with a goal in mind that involves using intelligence.

Featured as "Book of the Week" by Reader Views on January 16, 2006.