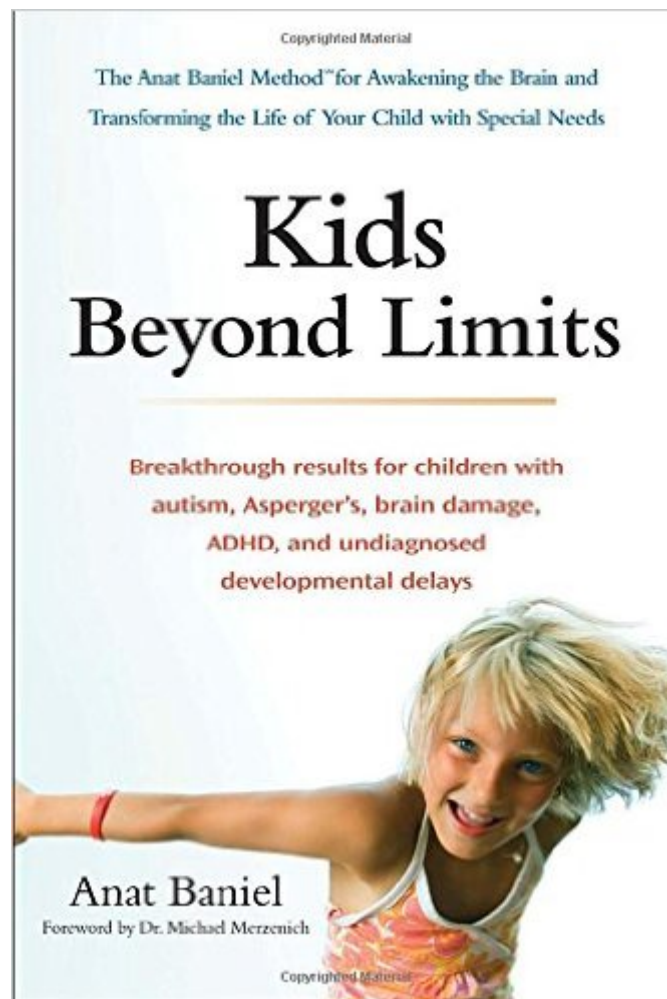


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# Kids Beyond Limits: The Anat Baniel Method For Awakening The Brain And Transforming The Life Of Your Child With Special Needs



## Synopsis

Discover the revolutionary way to harness the brain's capacity to heal itself. Supported by the latest brain research, The Anat Baniel Method uses simple, gentle movements and focus to help any child, who has been diagnosed with autism, Asperger's Syndrome, ADHD, Cerebral Palsy or other developmental disorders. In this supportive and hands-on book, Anat Baniel guides parents through the nine essentials of the method, each one designed to harness the brain's capacity to heal itself -- with remarkable and sometimes immediate results. By shifting the focus to connecting rather than "fixing," this powerful yet simple method helps both children and parents to de-stress, focus, and grow. Most of all, it helps all children maximize their potential, no matter what their diagnosis.

## Book Information

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## Customer Reviews

For the purpose of transparency, I'm not finished reading the book yet. It was given to me to borrow from our therapist, who was trained by the author on the Anat Baniel Method. Our daughter is 2 and has some sensory integration issues but has no formal diagnosis. MRI and genetic testing returned normal results. She is 'disorganized' and we have had PT, OT and speech therapy for over a year and a half. We still couldn't figure out why she wasn't making connections on how to move. She can move all parts of her body, she just doesn't know the process to put everything together to make meaningful movements like pulling to stand or using her hands well. She is a sensory avoider with tactile things and certain images. Our new PT suggested we see a woman in our area that is a 'craniocascral therapist'. After doing a bit of research, we went to the session thinking it would probably be some voodoo hippie stuff (nothing against hippies or voodoo), I just didn't have high

expectations. We met 'J' and she immediately calmed my daughters spastic movements, sweaty palms and feet from the stress of being touched and within 10 minutes, my daughter was making conversational sounds, climbing onto her dad, playing peekaboo with her brother and completely at ease with herself. It was almost too unbelievable. I tried explaining it to my family and friends afterwards and I knew I sounded like a nut. Later that night, my daughter crawled to the dog dish and started splashing in his water bowl. She was exploring her environment like it was the first time she had been there, and she was having fun doing it! My husband and I both have medical backgrounds and were so fixated on a diagnosis and wanted to know what was wrong with her. We are not really ones that believed in alternative medicines or therapies.

When your child feels loved, accepted, and safe, her brain has the opportunity to turn into a powerful learning machine. ~ pg. 93 Imagine being an English speaking child who was put into a school where they were only taught in a foreign language. Imagine not understanding anything and feeling completely frustrated. How would you survive and learn? Well this happened to me and my parents were told that the school was bilingual. It wasn't! So in some way I understand the emotional and mental pain a child goes through when they can't understand what is going on around them even though they might be very smart. Luckily after a few years my parents took me out of this school and put me back in an English school. But the damage had been done and it took me years to recover. That is why after reading this book I realized how important it is to get help early when a child is struggling. This book explains the Anat Baniel Method and how it can help children with special needs. The stories in this book are amazing and inspirational. Anat Baniel definitely has a gift and she helps children all over the world who struggle with autism, brain damage, sensory integration disorder, cerebral palsy, ADHD and other illnesses which cause development delays. In the stories she tells she explains how to creatively help children reconnect with their brains and she does this with simple games anyone could play with their child. She also explains how touch can awaken attentioning abilities. She believes you should connect with your child in a meaningful way instead of trying to fix the child.

I write as the mother of a child with cerebral palsy and the founder of the website [cpdailyliving.com](http://cpdailyliving.com). If I had to choose one book to read about helping special needs children this would be it. The Anat Baniel Method (based on the work of Moshe Feldenkrais), has been the most enlightening and powerful approach we have found for helping our daughter. It is both a way of being with, approaching, and thinking about special needs children, along with being a hands-on non-medical

modality. In Kids Beyond Limits, Anat Baniel articulates what her work is about and how it differs from traditional approaches that often try to "fix" the child. Conventional therapies often place children in positions that look developmentally appropriate, but the brain has not yet prepared the foundation for the child to comfortably and successfully maintain it. The Anat Baniel Method focuses upon intimately meeting the child wherever he or she is developmentally and helping him/her grow from there. Instead of trying to get the child to develop a specific skill, the Anat Baniel method primes the child's brain and nervous system to create change through gentle, subtle variations in movement guided by the practitioner. By experiencing these changes the child begins to feel new ways of being in his/her body, relating to him/herself, and in turn the outside world. The author further discusses how her approach allows the brain to experiment and create its own solutions to moving ahead developmentally and she discusses why this is imperative. Her approach is based upon the "Nine Essentials", which is the culmination of 30 years experience of working hands-on with special needs children.

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