



## minimal lernen (German Edition)

*Regina Hunter*

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Der Vorschlag von "minimal lernen" ist, einerseits den Lernstoff gemäss der Funktionsweise des Gehirns und den Bedingungen des Motivationssystems zum minimal Wichtigen zu reduzieren und andererseits für das Lernen minimale Zeit zu schaffen. Neben konkreten Tipps zur erfolgreichen Umsetzung von minimalem Lernen werden die neuesten neurobiologischen Forschungsergebnisse und psychologischen Grundlagen in verständlicher Art und Weise dargelegt. "minimal lernen" richtet sich an Lernende jeden Alters (von der 1. Klasse bis hin zur Universität), an Eltern und Lehrpersonen sowie an alle, die sich für die Themen Beziehungsstärkung, Resilienz, Pubertät, Disziplin und Integration interessieren. Wertschöpfung findet immer mehr über Innovation, also immateriell statt. Grundlage dafür ist ein motivierter, unkomplizierter und frecher Umgang mit Wissen - ein solcher wird hier vorgeschlagen und aufgezeigt.

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