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The 3rd Annual Zoomer List: Canada's Top 45 Over 45: Barbara Arrowsmith

ZOOMER (/AUTHOR/ADMIN/) | OCTOBER 2ND, 2012



Barbara Arrowsmith Young, 61, Founder Arrowsmith Program, author

As a child, she suffered from multiple cognitive defects that caused her to read and write words backwards and left her unable to tell time. *The Woman Who Changed Her Brain and Other Inspiring Stories of Pioneering Brain Transformation* tells the

story of her incredible journey as she developed cognitive exercises to correct her neurological deficits and then created exercises for cognitive defects. She founded the Arrowsmith School in Toronto, and her program is now used in 40 schools across North America and expanding into Australia. *"We can shape our brains through harnessing neuroplasticity, which opens a world of possibilities for people challenged by learning disabilities."*