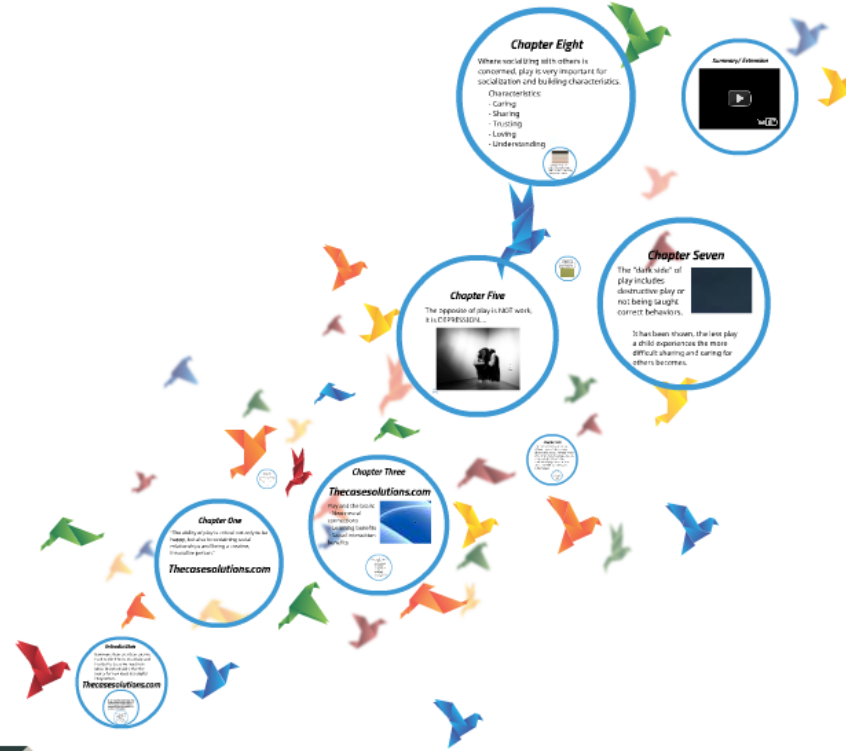
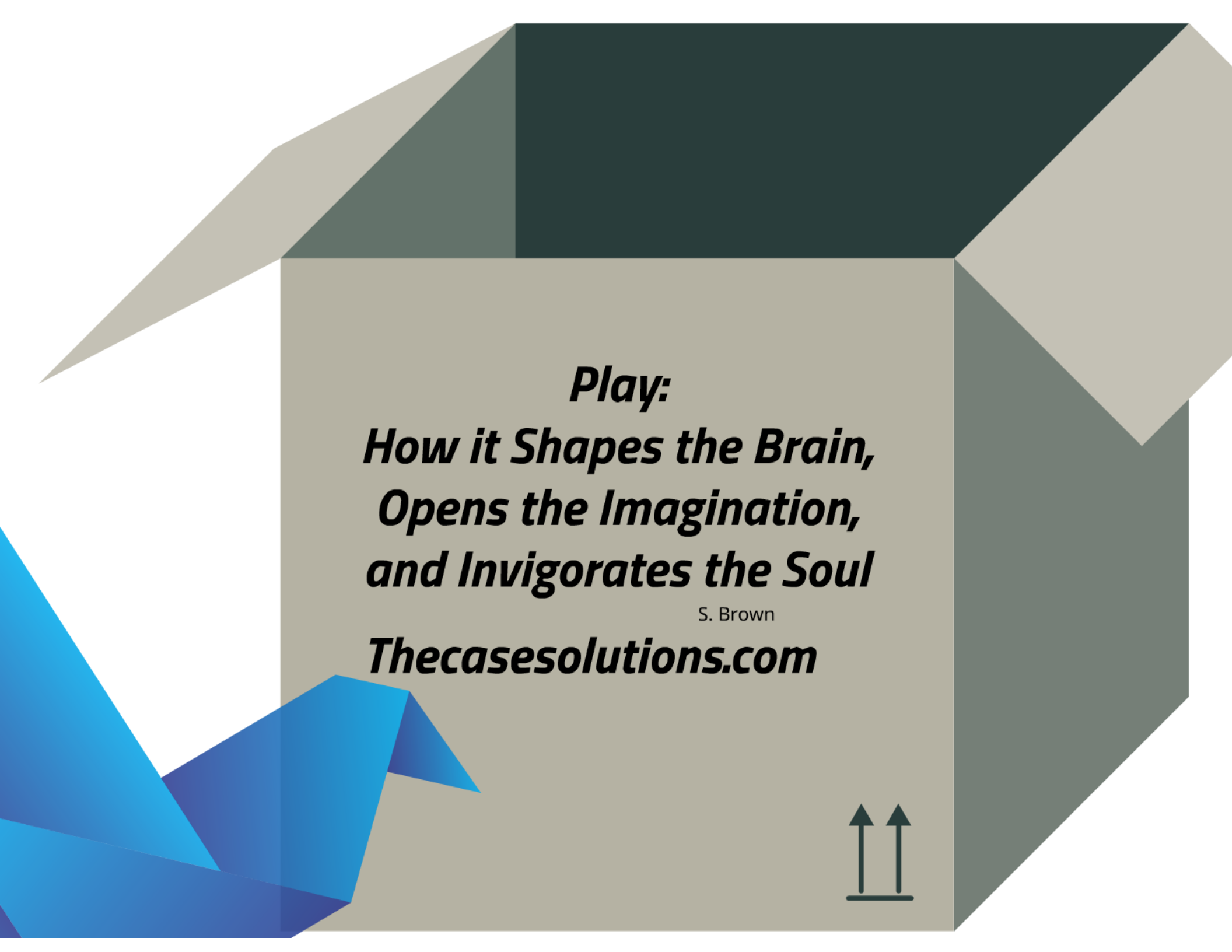


*The Winner's Brain: Developing it  
and Sustaining it for Life*  
***Thecasesolutions.com***



**The Winner's Brain: Developing it  
and Sustaining it for Life  
Thecasesolutions.com**





***Play:***  
***How it Shapes the Brain,  
Opens the Imagination,  
and Invigorates the Soul***

S. Brown

***Thecasesolutions.com***



# ***Introduction***

Now more than ever than ever we need to think more creatively and in order to do so we need new ideas. Brown explains that the source for new ideas is a playful imagination.

## ***Thecasesolutions.com***

***Brown states that nature designed us to play and be physically active and when we don't, we tend to become constricted, ridged, stereotyped and not very improvisational.***

Brown has conducted over 6,000 interviews with people from all walks of life including Nobel Prize winners, CEOs, and serial killers in order to obtain their "play histories". Evaluating these accounts has lead to many interesting findings about the importance of play in people's lives and the effects of play deprivation.

## ***Chapter One***

"The ability of play is critical not only to be happy, but also to sustaining social relationships and being a creative, innovative person."

***Thecasesolutions.com***

## ***Thecasesolutions.com***

Characteristics of Play:

- Seemingly Purposeless
- Voluntary
- Inherent Attraction
- Freedom from Time
- Diminished Consciousness of Self
- Improvisational Potential
- Continuation Desire

## Animal Studies conclude...



"Play lets animals learn about their environment and the rules of engagement with friend and foe."

***[Thecasesolutions.com](http://Thecasesolutions.com)***

## ***Thecasesolutions.com***

In relation to development and survival, "the impulse to play has become a biological drive" and lack thereof can produce a play deficit.



# *Chapter Three*

## *Thecasesolutions.com*

Play and the brain:

- New neural connections
- Learning benefits
- Social interaction benefits



8 Personality Types:

- the joker
- the kinesthetic
- the explorer
- the competitor
- the director
- the collector
- the artist/creator
- the storyteller