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**Donna Wilson To Highlight *Positively Smarter*
At Carl Albert State College**

Donna Wilson, a renowned author and leader in improving student learning by connecting the implications of mind, brain, and education research to educational practice, will be speaking at Carl Albert State College in Poteau, Oklahoma, on Sept. 22.

Wilson's presentation will be based on the new book that she co-authored with Marcus Conyers, *Positively Smarter: Using Educational Neuroscience to Increase Happiness, Achievement, and Well-Being*, which is now available on Amazon at the following link: <http://www.amazon.com/Positively-Smarter-Strategies-Increasing-Achievement/dp/1118926099/?tag=widgetsamazon-20>. This groundbreaking book connects the science of neuroplasticity to a synergy of practical strategies for enhancing happiness, achievement, and physical well-being.

The presentation will focus on seven principles presented in the book and practical strategies for implementing them in life. They include: lifelong learning, adult students and the Body-Brain system, practical optimism, exercise, healthy nutrition, getting adequate sleep, and positive connections.

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