



The Kid's User Guide to a Human Life: Book One: An Open Mind

Rebecca Brenner

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The Kids' User Guide to a Human Life: Book One: An Open Mind written by Rebecca Brenner and illustrated by Brooke Kemmerer offers kids a method for peace and stability throughout the constantly changing and challenging growing up years.

Today's American culture values busyness. Kids grow up involved in various sports and activities. From an early age, they learn to quickly move from one activity to the next, rarely taking time to rest. This constant activity can lead to stress, worry and illness. However, Brenner advocates for a different mindset, claiming that there is a better way to live.

Paired with Kemmerer's detailed illustrations, Brenner offers a basic overview of the brain and its many functions. She thoughtfully explains, in a way that ten-year-old children would understand, how the various parts of the brain work together and how it impacts the rest of the body. After clarifying the importance and physical necessity of the brain, Brenner introduces a psychological concept, the Chattering Mind.

Considered the default setting, the Chattering Mind is one that is continually thinking and "talking" to itself. It is what helps people learn and remember information, and it is also useful for getting us out of dangerous situations by activating the sympathetic nervous system. However, Brenner warns that left unchecked, the Chattering Mind can cause stress and anxiety, inducing unnecessary physical reactions that are harmful to our bodies.

This volume of *The Kids' User Guide to a Human Life* teaches children how to become aware of the Chattering Mind. Brenner walks them through three strategies of awareness, instructing them how to have a relaxed Open Mind instead of a frantic Chattering one. Although geared toward a pre-teen audience, readers of all ages can learn from Brenner's simple tips, resulting in a happier, healthier lifestyle.

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