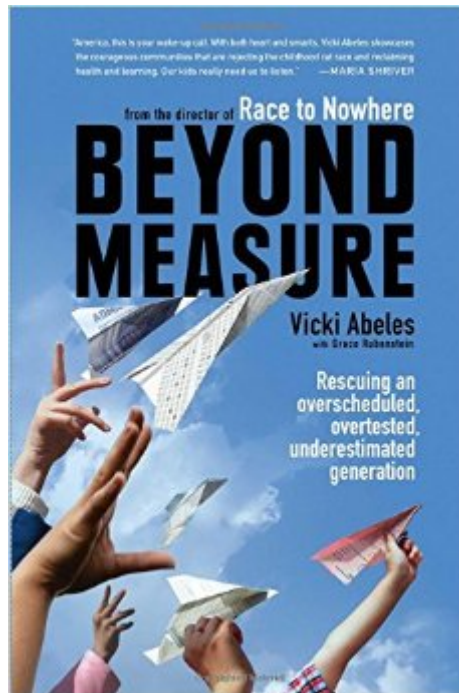


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# Beyond Measure: Rescuing An Overscheduled, Overtested, Underestimated Generation



## Synopsis

From the director of *Race to Nowhere*, the popular 2010 documentary on our education system that has become a long-running grassroots phenomenon, and a new film, *Beyond Measure*, comes a groundbreaking book for parents, students, and educators on how to revolutionize learning, prioritize children's health, and re-envision success for a lifetime. From kindergarteners to high-schoolers, millions of American students are being pressured to perform in ways that make them less intellectually flexible, creative, and responsive to today's world. In *Race to Nowhere*, Vicki Abeles identified a widespread problem in our nation's schools: as students race against each other to have constantly higher grades, better test scores, and more AP courses than their classmates, they are irreparably damaging their mental and physical health. Now Abeles taps into this same grassroots community across the nation to find the solutions in *Beyond Measure*, which publishes simultaneously with the release of her new documentary. Pulling from powerful anecdotes and convincing new research, Abeles presents inspirational, quantifiable success stories and shows how anyone—students, parents, and educators—can effect change. Teachers who cut students' workload see scores rise; kids discover their own motivation once parents relieve the pressure to perform; schools that institute later start times have well-rested students who are able to learn more efficiently; and schools that emphasize depth over test prep find students more attentive, inventive, and ready to thrive. It's no secret that our education system is broken, and *Beyond Measure* inspires parents, educators, and students to take practical steps to fix it—starting today. In so doing, it empowers all of us to redefine learning and success, and to discover the true, untapped potential awaiting our children, not just in college, but in life.

## Book Information

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## Customer Reviews

I am a career teacher, who has taught from pre school to high school to years of training student teachers. As an educational columnist for Edutopia, the online journal of the George Lucas Educational Foundation, I almost continually receive books and DVD screeners of educational films. This book and the film it accompanies are the best combined descriptions of what is possible to help save American education from its present descent into a maelstrom of externally imposed standards, initiatives and tests that I have experienced in my years as a columnist. If possible see the film first. It is playing in a variety of venues across the country. It highlights five schools, intimately captures the thoughts and feelings of students, parents, and educators, and packs an emotional wallop that film can do more effectively than most books. Whether you see the movie or not, read the book. It provides depth and breadth that only a book can provide, introduces you to other schools and individuals, and becomes a guide that can be used to help transform your schools if you are open to doing that. Vicki Abeles is using her skills as a filmmaker and as a writer to try to help communities to transform their school from the ground up, the only effective way it can be done. The book "The Prize" recently documented how a million dollar plus initiative in Newark, New Jersey that was led by the governor, mayor, and Mark Zuckerberg, totally failed. It failed in large part because it was another top down approach. This book is an antidote to the story told in that one, tho that book is also very instructive and worth reading. Abeles's book powerfully demonstrates how schools can be changed through the collaborative efforts of educators, students, and parents.

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