

What I Learned From a Penguin: A Story on How to Help People Change



Too often we pay attention to negative behavior and ignore the positive. We are rarely taught the benefit of positive reinforcement, and instead focus on the negative and expect automatic change. This childrens book is based on a true story as experienced by Dr. Amen himself. One day while watching a penguin named Fat Freddy take part in a stunt show at a local amusement park, he is astonished to see the penguin perform so well. Frustrated by his own sons behavior, Dr. Amen decides to talk with the trainer after the show to find out how she got the penguin to follow all of her directions. Through clever rhyme and storytelling, the trainer shares with Dr. Amen the power of positive reinforcement. Though designed with elementary school students in mind, this story has taught people of all ages a valuable, life-changing lesson.

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