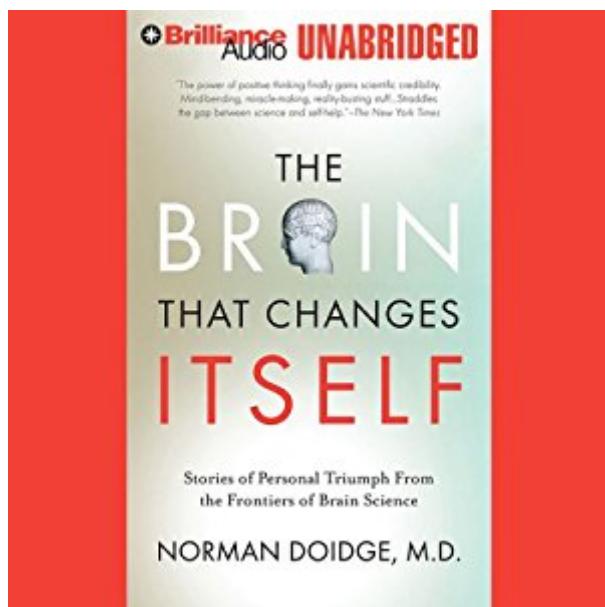


The book was found

The Brain That Changes Itself: Personal Triumphs From The Frontiers Of Brain Science



Synopsis

â œFascinating. Doidgeâ ™s book is a remarkable and hopeful portrait of the endless adaptability of the human brain.â • â "Oliver Sacks The discovery that our thoughts can change the structure and function of our brainsâ "even into old ageâ "is the most important breakthrough in neuroscience in four centuries. In this revolutionary look at the brain, bestselling author, psychiatrist, and psychoanalyst Norman Doidge, M.D., introduces both the brilliant scientists championing this new science of neuroplasticity and the astonishing progress of the people whose lives theyâ ™ve transformed. Introducing principles we can all use as well as a riveting collection of case historiesâ "stroke patients cured, a woman with half a brain that rewired itself to work as a whole, learning and emotional disorders overcome, IQs raised, and aging brains rejuvenatedâ "The Brain That Changes Itself has â œimplications for all human beings, not to mention human culture, human learning and human historyâ • (The New York Times).â œReaders will want to read entire sections aloud and pass the book on to someone who can benefit from itâ].Links scientific experimentation with personal triumph in a way that inspires awe.â • â "The Washington Post --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

Listening Length: 11 hoursÂ andÂ 24 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Brilliance Audio

Audible.com Release Date: June 1, 2008

Whispersync for Voice: Ready

Language: English

ASIN: B001ANZW0O

Best Sellers Rank: #1 inÂ Books > Medical Books > Psychology > Neuropsychology #1 inÂ Books > Audible Audiobooks > Science > Medicine #1 inÂ Books > Medical Books > Medicine > Internal Medicine > Neurology > Neuroscience

Customer Reviews

I was born with Cerebral Palsy in 1949. In those days, Neurology was not a medicine. I saw my first neurologist when I was 27 due to seizures. I then had my first ever EEG. At my follow up appointment, this doctor questioned my occupation as a violinist. He said it was impossible for me to

play the violin because the right side of my brain did not function properly. I then told him he could come to a symphony rehearsal that following week, he did and was so shocked that he said that I had done the same thing as climbing Mt. Everest. The truth of the matter, instrumental music started in my school in the 4th grade. I really wanted to play and instrument. My grandfather had a violin and that was it. Little did I know that the orthopedist that I saw suggested that I begin something like music for physical therapy for my left arm and hand. I only knew that I could not walk without a brace until I was 16. I was very strong willed and I thought that everyone who was right handed - the left hand did not work. I was very determined and went to college as a Music Education Major with violin being my instrument. I always told people who ask what my walking problem was, that I had to make detours in my brain to my left leg and if I was tired, my brain didn't send the messages. I FELT LIKE THIS BOOK WAS WRITTEN ABOUT ME. Today they call what I accomplished as Neuroplasticity. I have been teaching violin for over 42 years and have had many wonderful students along with my Symphony work.

I have Reflex Sympathetic Dystrophy it was caught two years too late from the beginning of the crippling symptoms. 15 years after stage one which had been misdiagnosed. I bought this book for a better understanding of plastic pain. Most people along with health care providers don't know what RSD other name CRPS is. The book chapter on pain gave me a better understanding and a clear way I can start describing to others.

Stunning writing from Norman Doidge in his second book on new discoveries and therapies for our brains. As with his first book the writing is lucid and compelling with highly informative background stories to ground-breaking therapists. At every turn these discoveries challenge conventional medical teaching from a few decades ago which visualised the brain more as a computer control centre for the body. Certain areas of the brain controlled specific functions and activities. Injuries and strokes permanently affecting these areas would result in long term loss of those functions. Also we were taught the brain could not repair itself lacking stem-type cells to facilitate this. Nobel Prize winning discoveries have shown the limited understanding of this approach. These stories give hope and new therapeutic possibilities to many of the debilitating and challenging medical issues many face. The brain and body are revealed as a much more integrated unit. Read this to blow your mind, to be open to even more dramatic possibilities for our future. I have read some comment that these changes could be explained by the placebo effect. Either this comment was not based on reading the book, or from not fully engaging with its content. There is no way placebo effects could

explain the pervasive and dramatic changes ground-breaking therapists are bringing with mental, to physical to sound-based and other exercises.

This book has opened my eyes to the immense plasticity and possibilities of our brains. I was moved to tears by the example in the first chapter of the woman who had been completely incapacitated for years by a lack of balance due to a previous, unrelated treatment and had been told to go home and deal with it. In her first session with an experimental scientist, she could stand unassisted. The book continues the way it starts, with the most miraculous and amazing examples of people who had been given up by mainstream medicine, making full recoveries or incredible rehabilitation improvements. I recommend this book to my biology, education and nursing students as an example of our fantastic capacity to adapt and not to take current knowledge as an end.

Not an overly scientific book as this book was written for the masses instead of the clinicians. This book will literally blow your mind with tangible information on how the brain can physically and literally change itself. Different parts of the brain operate different parts of the body, but can change over time based on the proper recipe. This is not a self help book, but an informative deep dive on neuroplasticity. You'll be interested in the topic at a deeper level after completing this engaging read, and Dr. Doidge provides many many resources at the end of the book. Highly recommended!

Good introduction with many case studies illustrating how our brains are soft-wired, not hard as used to be the belief. Case studies illustrate how, with practice, we have the capability to change many negative factors whether physical or emotional or cognitive, into positive ones and thus lead a happier and healthier life. I wish that I had read it a decade or two ago, but in my 75th year I am feeling more hopeful for maintaining a brain that can still retain info. and keep on learning more.

[Download to continue reading...](#)

The Brain That Changes Itself: Personal Triumphs from the Frontiers of Brain Science
The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin
(Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)
Frontiers in Health Policy Research: Volume 7 (NBER Frontiers in Health Policy)
All the Right Changes: The Best Chord Changes and Substitutions for 100 More Tunes Every Musician Should Know
Significant Changes to the 2006 International Fire Code (Significant Changes to the International Fire Code)
101 Questions Your Brain Has Asked about Itself But Couldn't

Answer...Until Now Winning Personal Injury Cases: A Personal Injury Lawyerâ™s Guide to Compensation in Personal Injury Litigation ACE Personal Trainer Flash Cards: ACE Personal Training Test Prep with 300+ Flash Cards for the American Council on Exercise Certified Personal Trainer Exam Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity The I Ching Handbook: A Practical Guide to Personal and Logical Perspectives from the Ancient Chinese Book of Changes (Paradigm title) The Hour That Changes the World: A Practical Plan for Personal Prayer Whole Brain Radiation Treatment (WBRT): A personal account of breast cancer metastasis to the brain Early Japanese Railways 1853-1914: Engineering Triumphs That Transformed Meiji-era Japan Tales from Another Mother Runner: Triumphs, Trials, Tips, and Tricks from the Road Tears & Triumphs: A Look into the World of Children With Down Syndrome or Other Developmental Delays The Mystery of Capital: Why Capitalism Triumphs in the West and Fails Everywhere Else American Creation: Triumphs and Tragedies in the Founding of the Republic The Road to Oz: Twists, Turns, Bumps, and Triumphs in the Life of L. Frank Baum

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)