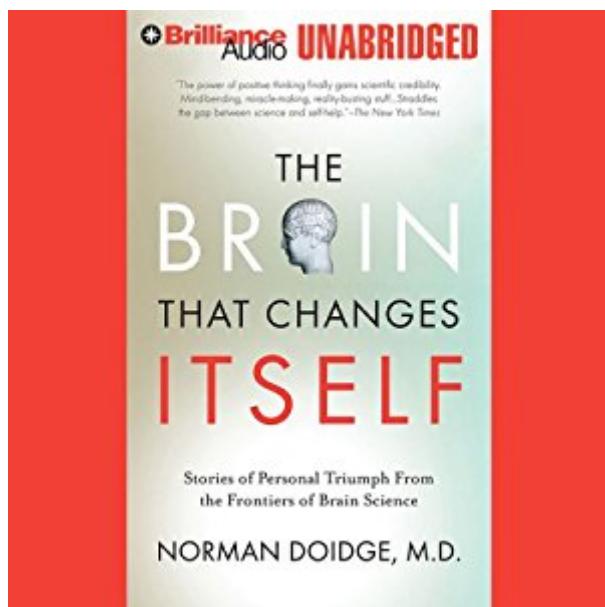


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# The Brain That Changes Itself: Personal Triumphs From The Frontiers Of Brain Science



## Synopsis

“Fascinating. Doidge’s book is a remarkable and hopeful portrait of the endless adaptability of the human brain.” • Oliver Sacks The discovery that our thoughts can change the structure and function of our brains • even into old age 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 they have transformed. Introducing principles we can all use as well as a riveting collection of case histories • 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 rejuvenated • The Brain That Changes Itself has “implications for all human beings, not to mention human culture, human learning and human history” (The New York Times). “Readers will want to read entire sections aloud and pass the book on to someone who can benefit from it.” Links scientific experimentation with personal triumph in a way that inspires awe. • 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 hours and 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 in Books > Medical Books > Psychology > Neuropsychology #1 in Books > Audible Audiobooks > Science > Medicine #1 in 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.

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