



Decisions, Uncertainty, and the Brain

Social

Rewire Your Brain for Stronger, More Rewarding Relationships

The Myth of the First Three Years

How We Think and Learn

How the Brain Creates Our Mental World

How Making the Brain-Soul Connection Can Optimize Your Life, Love, and Spiritual Growth

Dr. Daniel Amen's breakthrough brain-healing program has helped hundreds of thousands to overcome depression, anxiety, obsessive-compulsive disorder, and attention deficit disorder. The maverick author of Change Your Brain, Change Your Life and Healing ADD now presents his proven program for repairing and strengthening our relationships, child-rearing practices, work and study routines, and, ultimately, our soulful connections, in the deepest ways possible. Guided by this book, each of us can learn to balance and optimize the parts of the brain responsible for inner growth, intimacy, and spiritual health. Drawing upon his experience with over fourteen thousand brain-imaging studies of patients from all walks of life, Dr. Amen has developed an essential tool called the Amen Brain System Checklist, a 101-question self-test used to evaluate the five brain systems that are key to achieving and maintaining a healthy brain-soul connection.

The questionnaire identifies the problem brain areas readers may need to work on, offers insight into the degree to which these imbalances affect their lives, and provides targeted strategies for each area of the brain involved with spiritual issues. These are just a few of the many "brain prescriptions" to be found in Healing the Hardware of the Soul: Develop focus and improve decision-making with the One-Page Miracle for the Soul Use prayer, meditation, and diaphragmatic breathing exercises for superior emotional and spiritual flexibility Heal painful deep soul memories through thought and behavior exercises Learn how forming strong, positive new bonds actually controls impulsive behavior and stabilizes mood swings Dr. Amen's recommendations include cutting-edge advice on diet, nutritional supplements, and the judicious use of medication when needed. He also explains which medications can unbalance the brain when used improperly. Dramatic before-and-after pictures of the brain demonstrate the medical effectiveness of these clinically based healing techniques. Whether we learn the self-help strategies of cognitive reprogramming, self-hypnosis, or nutraceutical therapy, seek out psychotherapy, or rely on prescription antidepressants and antianxiety medications, Dr. Amen's sage advice and comprehensive treatment programs give us all the tools we need to optimize our work, relationships, and spiritual connections to become the people we want to be.

Neuroscience has made phenomenal advances over the past 50 years and the pace of discovery continues to accelerate. On June 25, 2008, the Institute of Medicine (IOM) Forum on Neuroscience and Nervous System Disorders hosted more than 70 of the leading neuroscientists in the world, for a workshop titled "From Molecules to Minds: Challenges for the 21st Century." The objective of the workshop was to explore a set of common goals or "Grand Challenges" posed by participants that could inspire and rally both the scientific community and the public to consider the possibilities for neuroscience in the 21st century. The progress of the past in combination with new tools and techniques, such as neuroimaging and molecular biology, has positioned neuroscience on the cusp of even greater transformational progress in our understanding of the brain and how its inner workings result in mental activity. This workshop summary highlights the important issues and challenges facing the field of neuroscience as presented to those in attendance at the workshop, as well as the subsequent discussion that resulted. As a result, three overarching Grand Challenges emerged: How does the brain work and produce mental activity? How does physical activity in the brain give rise to thought, emotion, and behavior? How does the interplay of biology and experience shape our brains and make us who we are today? How do we keep our brains healthy? How do we protect, restore, or enhance the functioning of our brains as we age?

There are many reasons to be curious about the way people learn, and the past several decades have seen an explosion of research that has important implications for individual learning, schooling, workforce training, and policy. In 2000, How People Learn: Brain, Mind, Experience, and School: Expanded Edition was published and its influence has been wide and deep. The report summarized insights on the nature of learning in school-aged children; described principles for the design of effective learning environments; and provided examples of how that could be implemented in the classroom. Since then, researchers have continued to investigate the nature of learning and have generated new findings related to the neurological processes involved in learning, individual and cultural variability related to learning, and educational technologies. In addition to expanding scientific understanding of the mechanisms of learning and how the brain adapts throughout the lifespan, there have been important discoveries about influences on learning, particularly sociocultural factors and the structure of learning environments. How People Learn II: Learners, Contexts, and Cultures provides a much-needed update incorporating insights gained from this research over the past decade. The book expands on the foundation laid out in the 2000 report and takes an in-depth look at the constellation of influences that affect individual learning. How People Learn II will become an indispensable resource to understand learning throughout the lifespan for educators of students and adults.

Explores the higher-order thinking tools that are essential for students to become effective learners. It includes lessons that encourage students to understand and integrate information so that they can use what they know to solve problems and make decisions.

Why Our Brains Are Wired to Connect

Wired to Connect

The Art of Changing the Brain

Making Connections

The Whole-brain Solution

Bridging Research and Practice

Making the Brain/body Connection

" Fascinating, Doidge ' s book is a remarkable and hopeful portrait of the endless adaptability of the human brain. " —Oliver Sacks, MD, author of The Man Who Mistook His Wife for a Hat What is neuroplasticity? Is it possible to change your brain? Norman Doidge ' s inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they ' ve transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

" Accessible, witty . . . an important new researcher, philosopher and popularizer of brain science . . . on par with cosmology ' s Brian Greene and the late Carl Sagan " (The Plain Dealer). One of the Wall Street Journal ' s 10 Best Nonfiction Books of the Year and a Publishers Weekly " Top Ten in Science " Title Every person is unique, but science has struggled to pinpoint where, precisely, that uniqueness resides. Our genome may determine our eye color and even aspects of our character. But our friendships, failures, and passions also shape who we are. The question is: How? Sebastian Seung is at the forefront of a revolution in neuroscience. He believes that our identity lies not in our genes, but in the connections between our brain cells—our particular wiring. Seung and a dedicated group of researchers are leading the effort to map these connections, neuron by neuron, synapse by synapse. It ' s a monumental effort, but if they succeed, they will uncover the basis of personality, identity, intelligence, memory, and perhaps disorders such as autism and schizophrenia. Connectome is a mind-bending adventure story offering a daring scientific and technological vision for understanding what makes us who we are, as individuals and as a species. " This is complicated stuff, and it is a testament to Dr. Seung ' s remarkable clarity of exposition that the reader is swept along with his enthusiasm, as he moves from the basics of neuroscience out to the farthest regions of the hypothetical, sketching out a spectacularly illustrated giant map of the universe of man. " —TheNew York Times " An elegant primer on what ' s known about how the brain is organized and how it grows, wires its neurons, perceives its environment, modifies or repairs itself, and stores information. Seung is a clear, lively writer who chooses vivid examples. " —TheWashington Post

Rewire Your Brain

How the Brain's Wiring Makes Us Who We Are

Restoring the Connection between Neurochemistry and Consciousness

Mindset

Healing the Hardware of the Soul