

Incognito The Secret Lives Of The Brain

Incógnito

Numa experiência recente, foi pedido a um grupo de homens que classificasse várias fotografias de mulheres segundo o grau de atração. Metade delas tinha os olhos dilatados, e foram essas as eleitas mais atraentes. Mas o que é espantoso é que os homens não tiveram qualquer consciência do processo de decisão. A escolha deu--se ao nível do inconsciente – as pupilas dilatadas são um claro sinal de interesse sexual e disponibilidade. Por razões semelhantes, as strippers que não tomam a pílula ganham mais do que as que tomam; as pessoas com nomes começados com “J” têm tendência a casar com pessoas cujo nome começa com “J”; e carregamos no travão do carro microssegundos antes de termos consciência de um perigo. Tudo isto ocorre porque o nosso inconsciente trabalha na sombra, manietá-nos, impõe-nos ações e reações, comanda muitas das nossas escolhas – dita, inclusive, a propensão para o crime. Séculos de ciência e de evolução tecnológica dotaram a neurociência de mecanismos que nos permitem mergulhar nos abismos da mente à procura de respostas. Em Incógnito, o neurocientista David Eagleman atira-se para as águas turvas do inconsciente, explica os efeitos das lesões cerebrais (ou de certos medicamentos) no livre-arbítrio; fala da beleza, da infidelidade, da sinestesia, da inteligência artificial. “Há alguém na minha cabeça, mas não sou eu”. \u003e Pink Floyd

Incognito

A leading neuroscientist reveals the functions of the unconscious regions of the brain, drawing on up-to-the-minute research to identify the significance of brain areas outside of our awareness and their roles in such areas as mate selection, the perception of beauty and the future of criminal law.

Incognito

*Why does your foot hit the brake pedal before you are conscious of danger ahead? *Why do you hear your name is mentioned in a conversation that you didn't think you were listening to? *Why is a person whose name begins with J more likely to marry another person whose name begins with J? *Why is it so difficult to keep a secret? *And how is it possible to get angry at yourself: who, exactly, is mad at whom?A thrilling subsurface exploration of the mind and all its contradictions.A NEW YORK TIMES BESTSELLER

The Runaway Species

This enlightening examination of creativity looks “at art and science together to examine how innovations . . . build on what already exists and rely on three brain operations: bending, breaking and blending” (The Wall Street Journal) The Runaway Species is a deep dive into the creative mind, a celebration of the human spirit, and a vision of how we can improve our future by understanding and embracing our ability to innovate. David Eagleman and Anthony Brandt seek to answer the question: what lies at the heart of humanity’s ability—and drive—to create? Our ability to remake our world is unique among all living things. But where does our creativity come from, how does it work, and how can we harness it to improve our lives, schools, businesses, and institutions? Eagleman and Brandt examine hundreds of examples of human creativity through dramatic storytelling and stunning images in this beautiful, full-color volume. By drawing out what creative acts have in common and viewing them through the lens of cutting-edge neuroscience, they uncover the essential elements of this critical human ability, and encourage a more creative future for all of us. “The Runaway Species approach[es] creativity scientifically but sensitively, feeling its roots without pulling them out.” —The Economist

Incognito (Enhanced Edition)

The enhanced eBook of David Eagleman's INCOGNITO includes the full text of the book plus 8 videos* in which the author discusses key elements of the book and his research. Topics covered include: How much of the inner-workings of the brain is beyond our conscious control; How reality can be so different inside different people's heads; Time perception; Synesthesia; Neuroscience and the legal system; What research is currently going on in Eagleman's lab; And what drew Eagleman to studying how the brain works. If the conscious mind—the part you consider to be you—is just the tip of the iceberg, what is the rest doing? In this sparkling and provocative new book, the renowned neuroscientist David Eagleman navigates the depths of the subconscious brain to illuminate surprising mysteries: Why can your foot move halfway to the brake pedal before you become consciously aware of danger ahead? Why do you hear your name being mentioned in a conversation that you didn’t think you were listening to? What do Ulysses and the credit crunch have in common? Why did Thomas Edison electrocute an elephant in 1916? Why are people whose names begin with J more likely to marry other people whose names begin with J? Why is it so difficult to keep a secret? And how is it possible to get angry at yourself—who, exactly, is mad at whom? Taking in brain damage, plane spotting, dating, drugs, beauty, infidelity, synesthesia, criminal law, artificial intelligence, and visual illusions, Incognito is a thrilling subsurface exploration of the mind and all its contradictions. *Video may not play on all readers. Check your user manual for details.

The Brain

'This is the story of how your life shapes your brain, and how your brain shapes your life.' Join renowned neuroscientist David Eagleman on a whistle-stop tour of the inner cosmos. It's a journey that will take you into the world of extreme sports, criminal justice, genocide, brain surgery, robotics, and the search for immortality. On the way, amidst the infinitely dense tangle of brain cells and their trillions of connections, something emerges that you might not have expected to see: you.

Sum

In this startling book, David Eagleman shows us forty possibilities of life beyond death. With wit and humanity, he asks the key questions about existence, hope, technology and love. These short stories are full of big ideas and bold imagination.

Livewired

A revolutionary new understanding of the human brain and its changeable nature. The brain is a dynamic, electric, living forest. It is not rigidly fixed but instead constantly modifies its patterns – adjusting to remember, adapting to new conditions, building expertise. Your neural networks are not hardwired but livewired, reconfiguring their circuitry every moment of your life. Covering decades of research – from synaesthesia to dreaming to the creation of new senses – and groundbreaking discoveries from Eagleman’s own laboratory, Livewired surfs the leading edge of science to explore the most advanced technology ever discovered.

Wednesday Is Indigo Blue

How the extraordinary multisensory phenomenon of synesthesia has changed our traditional view of the brain. A person with synesthesia might feel the flavor of food on her fingertips, sense the letter “J” as shimmering magenta or the number “5” as emerald green, hear and taste her husband's voice as buttery golden brown. Synesthetes rarely talk about their peculiar sensory gift—believing either that everyone else senses the world exactly as they do, or that no one else does. Yet synesthesia occurs in one in twenty people, and is even more common among artists. One famous synesthete was novelist Vladimir Nabokov, who insisted as a toddler that the colors on his wooden alphabet blocks were “all wrong.” His mother understood exactly what he meant because she, too, had synesthesia. Nabokov's son Dmitri, who recounts this tale in the afterword to this book, is also a synesthete—further illustrating how synesthesia runs in families. In Wednesday Is Indigo Blue, pioneering researcher Richard Cytowic and distinguished neuroscientist David Eagleman explain the neuroscience and genetics behind synesthesia's multisensory experiences. Because synesthesia contradicted existing theory, Cytowic spent twenty years persuading colleagues that it was a real—and important—brain phenomenon rather than a mere curiosity. Today scientists in fifteen countries are exploring synesthesia and how it is changing the traditional view of how the brain works. Cytowic and Eagleman argue that perception is already multisensory, though for most of us its multiple dimensions exist beyond the reach of consciousness. Reality, they point out, is more subjective than most people realize. No mere curiosity, synesthesia is a window on the mind and brain, highlighting the amazing differences in the way people see the world.

The Secret Life of the Brain

In the long history of the study of anatomy, neuroscience is a relatively new field, and there are plenty of mysteries yet to be uncovered. The Secret Life of the Brain explores the fascinating advances that have been made in the field so far, from the intricacies of memory and intelligence, to the enigmatic workings behind our sense of humour and our dreams. Full of illuminating illustrations and diagrams, this book lifts the lid on how drugs affect the brain; the science behind addiction; how the brain deals with trauma and pain; and the effects on the brain of love, age, and sex. Finally, you'll get a tantalising insight into the cutting-edge theories that are attempting to get behind the elements of neuroscience which we still can't quite explain.

Seven and a Half Lessons About the Brain

'Highly accessible, content-rich and eminently readable . . . Fascinating and informative . . . popular science at its best.' - The Observer 'Subtly radical . . . It presents a revelatory model of consciousness that will be completely new to most readers' - The Guardian 'Best Reads For Summer' Have you ever wondered why you have a brain? Let renowned neuroscientist Lisa Feldman Barrett, bestselling author of How Emotions Are Made, demystify that big grey blob between your ears . . . In seven short chapters (plus a brief history of how brains evolved), this slim, entertaining, and accessible book reveals mind-expanding lessons from the front lines of neuroscience research. You’ll learn where brains came from, how they’re structured (and why it matters), and how yours works in tandem with other brains to create everything you experience. Along the way, you’ll also learn to dismiss popular myths such as the idea of a 'lizard brain' and the alleged battle between thoughts and emotions, or even between nature and nurture, to determine your behaviour. Sure to intrigue casual readers and scientific veterans alike, Seven and a Half Lessons About the Brain is full of surprises, humour, and important implications for human nature - a gift of a book about our most complex and crucial organ.

Explaining the Brain

What distinguishes good explanations in neuroscience from bad? Carl F. Craver constructs and defends standards for

evaluating neuroscientific explanations that are grounded in a systematic view of what neuroscientific explanations are: descriptions of multilevel mechanisms. In developing this approach, he draws on a wide range of examples in the history of neuroscience (e.g. Hodgkin and Huxleys model of the action potential and LTP as a putative explanation for different kinds of memory), as well as recent philosophical work on the nature of scientific explanation. Readers in neuroscience, psychology, the philosophy of mind, and the philosophy of science will find much to provoke and stimulate them in this book.

The Safety Net

The advent of the internet has been one of the most significant technological developments in history. In this thought-provoking and ground-breaking work David Eagleman, author of international bestseller *Sum*, presents six ways in which the net saves us from major existential threats: pandemics, poor information flow, natural disasters, political corruption, resource depletion and economic meltdown.

The Time Cure

In his landmark book, *The Time Paradox*, internationally known psychologist Philip Zimbardo showed that we can transform the way we think about our past, present, and future to attain greater success in work and in life. Now, in *The Time Cure*, Zimbardo has teamed with clinicians Richard and Rosemary Sword to reveal a groundbreaking approach that helps those living with post-traumatic stress disorder (PTSD) to shift their time perspectives and move beyond the traumatic past toward a more positive future. Time Perspective Therapy switches the focus from past to present, from negative to positive, clearing the pathway for the best yet to come: the future. It helps PTSD sufferers pull their feet out of the quicksand of past traumas and step firmly on the solid ground of the present, allowing them to take a step forward into a brighter future. Rather than viewing PTSD as a mental illness the authors see it as a mental injury—a normal reaction to traumatic events—and offer those suffering from PTSD the healing balm of hope. *The Time Cure* lays out the step-by-step process of Time Perspective Therapy, which has proven effective for a wide range of individuals, from veterans to survivors of abuse, accidents, assault, and neglect. Rooted in psychological research, the book also includes a wealth of vivid and inspiring stories from real-life PTSD sufferers—effective for individuals seeking self-help, their loved ones, therapists and counselors, or anyone who wants to move forward to a brighter future.

How Emotions Are Made

'How Emotions Are Made did what all great books do. It took a subject I thought I understood and turned my understanding upside down' - Malcolm Gladwell, author of *The Tipping Point*. When you feel anxious, angry, happy, or surprised, what's really going on inside of you? Many scientists believe that emotions come from a specific part of the brain, triggered by the world around us. The thrill of seeing an old friend, the fear of losing someone we love – each of these sensations seems to arise automatically and uncontrollably from within us, finding expression on our faces and in our behaviour, carrying us away with the experience. This understanding of emotion has been around since Plato. But what if it is wrong? In *How Emotions Are Made*, pioneering psychologist and neuroscientist Lisa Feldman Barrett draws on the latest scientific evidence to reveal that our common-sense ideas about emotions are dramatically, even dangerously, out of date – and that we have been paying the price. Emotions aren't universally pre-programmed in our brains and bodies; rather they are psychological experiences that each of us constructs based on our unique personal history, physiology and environment. This new view of emotions has serious implications: when judges issue lesser sentences for crimes of passion, when police officers fire at threatening suspects, or when doctors choose between one diagnosis and another, they're all, in some way, relying on the ancient assumption that emotions are hardwired into our brains and bodies. Revising that conception of emotion isn't just good science, Barrett shows; it's vital to our well-being and the health of society itself.

The Storytelling Animal

Explores the latest beliefs about why people tell stories and what stories reveal about human nature, offering insights into such related topics as universal themes and what it means to have a storytelling brain.

Brain and Behavior

Brain and Behavior: A Cognitive Neuroscience Perspective captures the excitement of cognitive and behavioral neuroscience by focusing on fundamental scientific principles, patterns, and ways of thinking. *Brain and Behavior* is clear and vibrant writing, with fascinating real-life examples and applications that help to emphasize the dynamically changing nature of the brain. This text covers a wide territory critical for understanding the brain, from the basics of the nervous system to the sensory and motor systems, sleep, language, memory, emotions and motivation, social cognition, and brain disorders. Throughout the narrative, the authors emphasize the dynamically changing nature of the brain, through the mechanisms of neuroplasticity. The text pulls together the best current knowledge about the brain while acknowledging current areas of ignorance and pointing students toward the most promising directions for future research.

Cognitive Neuroscience

This volume describes the new field of cognitive neuroscience - the study of what happens in the brain when we perceive, think, reason, remember, and act. Focusing on the human brain, Passingham looks at the most recent research in the field, the

modern brain imaging technologies, and what the images can and can't tell us.

Algorithms to Live By: The Computer Science of Human Decisions

A fascinating exploration of how computer algorithms can be applied to our everyday lives.

The Future of the Mind

Recording memories, mind reading, videotaping our dreams, mind control, avatars, and telekinesis - no longer are these feats of the mind solely the province of overheated science fiction. As Michio Kaku reveals, not only are they possible, but with the latest advances in brain science and recent astonishing breakthroughs in technology, they already exist. In *The Future of the Mind*, the New York Times-bestselling author takes us on a stunning, provocative and exhilarating tour of the top laboratories around the world to meet the scientists who are already revolutionising the way we think about the brain - and ourselves.

Reaching Down the Rabbit Hole

SHORTLISTED FOR THE 2016 BMA MEDICAL BOOK AWARDS One of the world's leading neurologists reveals the extraordinary stories behind some of the brain disorders that he and his staff at the Harvard Medical School endeavour to treat. What is it like to try to heal the body when the mind is under attack? In this gripping and illuminating book, Dr Allan Ropper reveals the extraordinary stories behind some of the life-altering afflictions that he and his staff are confronted with at the Neurology Unit of Harvard's Brigham and Women's Hospital. Like Alice in Wonderland, Dr Ropper inhabits a place where absurdities abound: a sportsman who starts spouting gibberish; an undergraduate who suddenly becomes psychotic; a mother who has to decide whether a life locked inside her own head is worth living. How does one begin to treat such cases, to counsel people whose lives may be changed forever? Dr Ropper answers these questions by taking the reader into a world where lives and minds hang in the balance.

The Ravenous Brain

Consciousness is our gateway to experience: it enables us to recognize Van Gogh's starry skies, be enraptured by Beethoven's Fifth, and stand in awe of a snowcapped mountain. Yet consciousness is subjective, personal, and famously difficult to examine: philosophers have for centuries declared this mental entity so mysterious as to be impenetrable to science. In *The Ravenous Brain*, neuroscientist Daniel Bor departs sharply from this historical view, and builds on the latest research to propose a new model for how consciousness works. Bor argues that this brain-based faculty evolved as an accelerated knowledge gathering tool. Consciousness is effectively an idea factory—that choice mental space dedicated to innovation, a key component of which is the discovery of deep structures within the contents of our awareness. This model explains our brains' ravenous appetite for information—and in particular, its constant search for patterns. Why, for instance, after all our physical needs have been met, do we recreationally solve crossword or Sudoku puzzles? Such behavior may appear biologically wasteful, but, according to Bor, this search for structure can yield immense evolutionary benefits—it led our ancestors to discover fire and farming, pushed modern society to forge ahead in science and technology, and guides each one of us to understand and control the world around us. But the sheer innovative power of human consciousness carries with it the heavy cost of mental fragility. Bor discusses the medical implications of his theory of consciousness, and what it means for the origins and treatment of psychiatric ailments, including attention-deficit disorder, schizophrenia, manic depression, and autism. All mental illnesses, he argues, can be reformulated as disorders of consciousness—a perspective that opens up new avenues of treatment for alleviating mental suffering. A controversial view of consciousness, *The Ravenous Brain* links cognition to creativity in an ingenious solution to one of science's biggest mysteries.

The Upright Thinkers

In this fascinating and illuminating work, Leonard Mlodinow guides us through the critical eras and events in the development of science, all of which, he demonstrates, were propelled forward by humankind's collective struggle to know. From the birth of reasoning and culture to the formation of the studies of physics, chemistry, biology, and modern-day quantum physics, we come to see that much of our progress can be attributed to simple questions-why? how?-bravely asked. Mlodinow profiles some of the great philosophers, scientists, and thinkers who explored these questions-Aristotle, Galileo, Newton, Darwin, Einstein and Lavoisier among them-and makes clear that just as science has played a key role in shaping the patterns of human thought, human subjectivity has played a key role in the evolution of science. At once authoritative and accessible, and infused with the author's trademark wit, this deeply insightful book is a stunning tribute to humanity's intellectual curiosity.

Phantoms in the Brain

Using a series of case studies, 'Phantoms in the brain' introduces a strange and unexplored mental world. Ramachandran, through his research into brain damage, has discovered that the brain can react in strange ways to major physical changes.

The Man Who Mistook His Wife For A Hat: And Other Clinical Tales

Explores neurological disorders and their effects upon the minds and lives of those affected with an entertaining voice.

Wired for Story

This guide reveals how writers can utilize cognitive storytelling strategies to craft stories that ignite readers’ brains and captivate them through each plot element. Imagine knowing what the brain craves from every tale it encounters, what fuels the success of any great story, and what keeps readers transfixed. Wired for Story reveals these cognitive secrets—and it’s a game-changer for anyone who has ever set pen to paper. The vast majority of writing advice focuses on “writing well” as if it were the same as telling a great story. This is exactly where many aspiring writers fail—they strive for beautiful metaphors, authentic dialogue, and interesting characters, losing sight of the one thing that every engaging story must do: ignite the brain’s hardwired desire to learn what happens next. When writers tap into the evolutionary purpose of story and electrify our curiosity, it triggers a delicious dopamine rush that tells us to pay attention. Without it, even the most perfect prose won’t hold anyone’s interest. Backed by recent breakthroughs in neuroscience as well as examples from novels, screenplays, and short stories, Wired for Story offers a revolutionary look at story as the brain experiences it. Each chapter zeroes in on an aspect of the brain, its corresponding revelation about story, and the way to apply it to your storytelling right now.

The Little Book of Psychology

If you want to know your Freud from your Jung and your Milgram from your Maslow, strap in for this whirlwind tour of the highlights of psychology. Including accessible primers on: The early thinkers who contributed to psychological ideas and the birth of modern psychology Famous (and often controversial) experiments and their repercussions What psychology can teach us about memory, language, conformity, reasoning and emotions The ethics of psychological studies Recent developments in the modern fields of evolutionary and cyber psychology. This illuminating little book will introduce you to the key thinkers, themes and theories you need to know to understand how the study of mind and behavior has sculpted the world we live in and the way we think today.

A Million Things To Ask A Neuroscientist: The Brain Made Easy

An easy way to learn about the brain. The most interesting questions you have about the brain are finally answered.◆ How are memories created?◆ Do men and women have different brains?◆ What are dreams and why do we have them?This book makes the brain fun and easy to enjoy. Anyone who is curious about what really goes on in that mushy pink thing inside their head will enjoy this guide to the brain and neuroscience.Join neuroscientist Mike Tranter PhD as he explains the brain in his unique and funny style. He answers questions that were submitted by the public, and the best part is, no scientific background is needed whatsoever. Includes a chapter describing some of the strange mysteries about the brain, and a behind the scenes look at how cutting-edge neuroscience research will change the future.Finally, the brain is made easy.

The 85 Ways to Tie a Tie

Quirky, charming, informative, unique -- two Cambridge physicists reveal the myriad ways to tie a tie.

Incognito

Une plongée fascinante dans le fonctionnement de notre cerveau pour révéler la machinerie complexe du subconscient. Notre cerveau travaille... incognito. En effet, ce que nous faisons, pensons, croyons, émane souvent de parties de notre cerveau auxquelles nous n'avons pas accès, d'une activité dont nous ne sommes pas conscients. Mais si la conscience n'est que la partie émergée de cet iceberg, qu'y a-t-il en dessous ? David Eagleman sonde dans cet ouvrage les profondeurs de l'inconscient. Derrière le \" je \" qui croit souvent faire la loi, se dissimule une masse considérable de données doublée d'un traitement magistral (de toutes ces données) – tout cela accompli de façon la plupart du temps inconsciente par des milliards de neurones et leurs multiples connexions. Ce que nous considérons comme des dons naturels, telle notre capacité à distinguer un arc-en-ciel ou celle d'entendre par hasard notre nom dans une conversation que l'on ne suit pas, est en fait le résultat d'un remarquable circuit neuronal, biologique et cognitif. \" Notre cerveau est une des réussites les plus phénoménales qui soient dans l'évolution \

Human Evolution

\"This book covers the psychological aspects of human evolution with a table of contents ranging from prehistoric times to modern days. Dunbar focuses on an aspect of evolution that has typically been overshadowed by the archaeological record: the biological, neurological, and genetic changes that occurred with each \"transition\" in the evolutionary narrative\"--

1906 - A Novel

Set during the great San Francisco earthquake and fire, this page-turning historical novel reveals recently uncovered facts that forever change our understanding of what really happened. Narrated by a feisty young reporter, Annalisa Passarelli, the novel paints a vivid picture of the Post-Victorian city, from the mansions of Nob Hill to the underbelly of the Barbary Coast to the arrival of tenor Enrico Caruso and the Metropolitan Opera. Central to the story is the ongoing battle—fought even as the city

burns—that pits incompetent and unscrupulous politicians against a coalition of honest police officers, newspaper editors, citizens, and a lone federal prosecutor. James Dalessandro weaves unforgettable characters and actual events into a compelling epic.

Cognitive Neuroscience

Updated thoroughly, this comprehensive text highlights the most important issues in cognitive neuroscience, supported by clinical applications.

Dethronement

Since Plato, philosophers have described the decision-making process as either rational or emotional: we carefully deliberate or we 'blink' and go with our gut. But as scientists break open the mind's black box with the latest tools of neuroscience, they're discovering this is not how the mind works. Our best decisions are a finely tuned blend of both feeling and reason - and the precise mix depends on the situation. When buying a house, for example, it's best to let our unconscious mull over the many variables. But when we're picking stocks and shares, intuition often leads us astray. The trick is to determine when to lean on which part of the brain, and to do this, we need to think harder (and smarter) about how we think.

The Decisive Moment

In the virtual utopia of the Simulation, everyone will live peacefully and without fear or needs—at least that’s how they’re selling it. But the government plans to use this program to take control of the entire human race. Elisha Dewitt has just been given her first mission to help prevent this, and she’s ready to prove she can go incognito just as well as any other master thief. Breaking and entering? No sweat. She’s done worse. Stealing a cassette tape from the museum vaults will be easy—in, out, done—until he shows up...and everything gets way more complicated. Garrett Alexander just has that effect. Nothing is as it seems, and a dangerous game of cat-and-mouse begins with Garrett, her rival and match in every way. Not knowing who she can trust, Elisha decides it’s up to her to rescue everyone—even Garrett—before the world as she knows it comes to a brutal end. The Keystone series is best enjoyed in order. Reading Order: Book #1 Keystone Book #2 Incognito

Incognito

Neuroscientist and best-selling author David Eagleman’s book Incognito: The Secret Lives of the Brain (2011) offers a review of science about how the brain works, and considers the nature of human consciousness. Everything a person thinks, believes, and feels emanates from the brain... Purchase this in-depth summary to learn more.

Summary of David Eagleman’s Incognito by Milkyway Media

• Where do our thoughts come from? • How can we manipulate our dreams? • What is the role of the unconscious? • How do we make choices and trust the judgement of both others and ourselves? These are some of the questions in this groundbreaking, personal and comprehensive guide into understanding our thoughts.

The Secret Life of the Mind: How Our Brain Thinks, Feels and Decides

Neuroscientist and best-selling author David Eagleman's book Incognito: The Secret Lives of the Brain (2011) offers a review of science about how the brain works, and considers the nature of human consciousness. Everything a person thinks, believes, and feels emanates from the brain...Purchase this in-depth analysis to learn more.

Summary of David Eagleman's Incognito by Milkyway Media

Useful information and real hope for patients and families whose lives have been altered by traumatic brain injury. A traumatic brain injury is a life-changing event, affecting an individual’s lifestyle, ability to work, relationships—even personality. Whatever caused it—car crash, work accident, sports injury, domestic violence, combat—a severe blow to the head results in acute and, often, lasting symptoms. People with brain injury benefit from understanding, patience, and assistance in recovering their bearings and functioning to their full abilities. In The Traumatized Brain, neuropsychiatrists Drs. Vani Rao and Sandeep Vaishnavi—experts in helping people heal after head trauma—explain how traumatic brain injury, whether mild, moderate, or severe, affects the brain. They advise readers on how emotional symptoms such as depression, anxiety, mania, and apathy can be treated; how behavioral symptoms such as psychosis, aggression, impulsivity, and sleep disturbances can be addressed; and how cognitive functions like attention, memory, executive functioning, and language can be improved. They also discuss headaches, seizures, vision problems, and other neurological symptoms of traumatic brain injury. By stressing that symptoms are real and are directly related to the trauma, Rao and Vaishnavi hope to restore dignity to people with traumatic brain injury and encourage them to ask for help. Each chapter incorporates case studies and suggestions for appropriate medications, counseling, and other treatments and ends with targeted tips for coping. The book also includes a useful glossary, a list of resources, and suggestions for further reading.

The Traumatized Brain

http://development.digicelgroup.com/RTF/8518R0I/300926/e38_owners__manual__free.pdf
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