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This Is Your Brain on Music

The Science of a Human Obsession

Penguin

In this groundbreaking union of art and science, rocker-turned-neuroscientist Daniel J. Levitin explores the connection between music—its performance, its composition, how we listen to it, why we enjoy it—and the human brain. Taking on prominent thinkers who argue that music is nothing more than an evolutionary accident, Levitin poses that music is fundamental to our species, perhaps even more so than language. Drawing on the latest research and on musical examples ranging from Mozart to Duke Ellington to Van Halen, he reveals: • How composers produce some of the

most pleasurable effects of listening to music by exploiting the way our brains make sense of the world • Why we are so emotionally attached to the music we listened to as teenagers, whether it was Fleetwood Mac, U2, or Dr. Dre • That practice, rather than talent, is the driving force behind musical expertise • How those insidious little jingles (called earworms) get stuck in our head A Los Angeles Times Book Award finalist, *This Is Your Brain on Music* will attract readers of Oliver Sacks and David Byrne, as it is an unprecedented, eye-opening investigation into an obsession at the heart of human nature.

This is Your Brain on

Music

The Science of a Human Obsession

Penguin

Explores the relationship between the mind and music by drawing on recent findings in the fields of neuroscience and evolutionary psychology to discuss topics such as the sources of musical tastes and the brain's responses to music.

Your Brain on Food

How Chemicals Control Your Thoughts and Feelings

Oxford University Press, USA

Draws on new research to answer questions about the effects of specific drugs and foods on the brain, in an updated edition that discusses the role of

biorhythms and how drugs interact with the body's biochemistry. -- Publisher's description.

This Is Your Brain on Depression

Paperback

Your Brain at Work, Revised and Updated

Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long *HarperCollins*

A researcher and consultant burrows deep inside the heads of one modern two-career couple to examine how each partner processes the workday—revealing how a more nuanced understanding of the brain can allow us to better organize,

prioritize, recall, and sort our daily lives. Emily and Paul are the parents of two young children, and professionals with different careers. Emily is the newly promoted vice president of marketing at a large corporation; Paul works from home or from clients' offices as an independent IT consultant. Their days are filled with a bewildering blizzard of emails, phone calls, more emails, meetings, projects, proposals, and plans. Just staying ahead of the storm has become a seemingly insurmountable task. In *Your Brain at Work*, Dr. David Rock goes inside Emily and Paul's brains to see how they function as each attempts to sort, prioritize, organize, and act on the vast

quantities of information they receive in one typical day. Dr. Rock is an expert on how the brain functions in a work setting. By analyzing what is going on in their heads, he offers solutions Emily and Paul (and all of us) can use to survive and thrive in today's hyperbusy work environment—and still feel energized and accomplished at the end of the day. In *Your Brain at Work*, Dr. Rock explores issues such as: why our brains feel so taxed, and how to maximize our mental resources why it's so hard to focus, and how to better manage distractions how to maximize the chance of finding insights to solve seemingly insurmountable problems how to keep

your cool in any situation, so that you can make the best decisions possible how to collaborate more effectively with others why providing feedback is so difficult, and how to make it easier how to be more effective at changing other people's behavior and much more.

This Is Your Brain on Stereotypes

How Science Is Tackling Unconscious Bias *Kids Can Press Ltd*

An introduction to the science behind stereotypes. From the time we're babies, our brains sort and label the world around us — a necessary skill for survival. But there's a downside: we also do it to groups of people in ways that can be

harmful. With loads of examples, here's a scientific overview of stereotyping, covering the history of identifying stereotypes, secret biases in our brains, how stereotypes affect our sense of self, and current research into the ways that science can help us overcome them. Adolescents are all too familiar with stereotypes. Here's why our brains create stereotypes, and how science can help us do it less.

Supercharge Your Brain

How to Maintain a Healthy Brain Throughout Your Life *Simon and Schuster*

The definitive guide to keeping your brain healthy for a long and

lucid life, by one of the world's leading scientists in the field of brain health and ageing. The brain is our most vital and complex organ. It controls and coordinates our actions, thoughts and interactions with the world around us. It is the source of personality, of our sense of self, and it shapes every aspect of our human experience. Yet most of us know precious little about how our brains actually work, or what we can do to optimise their performance. Whilst cognitive decline is the biggest long-term health worry for many of us, practical knowledge of how to look after our brain is thin on the ground. In this ground-breaking new book, leading expert Professor James

Goodwin explains how simple strategies concerning exercise, diet, social life, and sleep can transform your brain health paradigm, and shows how you can keep your brain youthful and stay sharp across your life. Combining the latest scientific research with insightful storytelling and practical advice, *Supercharge Your Brain* reveals everything you need to know about how your brain functions, and what you can do to keep it in peak condition.

This Is Your Brain on Food

An Indispensable Guide to the Surprising Foods that Fight Depression, Anxiety, PTSD, OCD, ADHD,

and More *Hachette UK*

Eat for your mental health and learn the fascinating science behind nutrition with this "must-read" guide from an expert psychiatrist (Amy Myers, MD). Did you know that blueberries can help you cope with the aftereffects of trauma? That salami can cause depression, or that boosting Vitamin D intake can help treat anxiety? When it comes to diet, most people's concerns involve weight loss, fitness, cardiac health, and longevity. But what we eat affects more than our bodies; it also affects our brains. And recent studies have shown that diet can have a profound impact on mental health conditions ranging

from ADHD to depression, anxiety, sleep disorders, OCD, dementia and beyond. A triple threat in the food space, Dr. Uma Naidoo is a board-certified psychiatrist, nutrition specialist, and professionally trained chef. In *This Is Your Brain on Food*, she draws on cutting-edge research to explain the many ways in which food contributes to our mental health, and shows how a sound diet can help treat and prevent a wide range of psychological and cognitive health issues. Packed with fascinating science, actionable nutritional recommendations, and delicious, brain-healthy recipes, *This Is Your Brain on Food* is the go-to guide to optimizing your mental health with food.

Your Brain On Nature

The Science of Nature's Influence on Your Health, Happiness and Vitality *John Wiley & Sons*

How to safely de-tox from IT overload—with the healing effects of nature Scientific studies have shown that natural environments can have remarkable benefits for human health. Natural environments are more likely to promote positive emotions; and viewing and walking in nature have been associated with heightened physical and mental energy. Nature has also been found to have a positive impact on children who have been diagnosed with impulsivity,

hyperactivity, and attention deficit disorder. A powerful wake-up call for our tech-immersed society, *Your Brain on Nature* examines the fascinating effects that exposure to nature can have on the brain. In *Your Brain on Nature*, physician Eva Selhub and naturopath Alan Logan examine not only the effects of nature on the brain—but the ubiquitous influence of everyday technology on the brain, and how IT overload and its many distractions may even be changing it. Offering an antidote for the technology-addicted, the book outlines emerging nature-based therapies including ecotherapy, as well as practical strategies for improving your (and your children's) cognitive functioning, mental health, and physical well-being through ecotherapeutic, nutritional, and behavioural means. Details the back to nature movement and the benefits of nature on the brain and body, from reducing the symptoms of ADHD to improving mood and physical energy. Explains the effects of air quality, aromas, light and sound on the brain, including SAD and sleep loss. A fascinating look at the effects that both nature and technology have on the brain's functioning and one's overall well-being, *Your Brain on Nature* is every tech-addict's guide to restoring health and balance in an increasingly IT-

dependent world.

This Is Your Brain on PTSD

Trauma Recovery Using Brain Science

5-Minute Therapy

Do you freak the fuck out at the weirdest possible times? Are there some normal life things that you just don't do or places you just don't go? Do you sometimes feel like you're living in an airless box with an arsenal of anti-everyone weapons on a hair trigger? You could be having a trauma reaction gone on autopilot that's taken over your life. Microcosm Publishing bestseller Dr. Faith walks you through it: first, all the different things trauma can be (pro tip, traumatic events aren't

necessarily always huge and dramatic), how it affects your life, and how to use neuroscience to work your way through it and out the other side. Whether you're looking to heal from the past and move on or just want to understand more about how the brains of the people around you might work, this zine is practical and science-based and profane.

This Is Your Brain on Joy

A Revolutionary Program for Balancing Mood, Restoring Brain Health, and Nurturing Spiritual Growth *Thomas Nelson*

"This Is Your Brain on Joy is a thoughtful, practical, life-changing

book that will help you take advantage of the latest neuroscience research—combined with biblical insights—to bring more joy and love into your life.” —from the Foreword by Daniel G. Amen, MD Author and speaker for the PBS special Change Your Brain, Change Your Life What does your brain have to do with experiencing joy? A lot more than most of us realize. In this breakthrough book, Dr. Earl Henslin reveals how the study of brain imaging turned his practice of psychotherapy upside down—with remarkably positive results. He shares answers to puzzling questions, such as Why isn't my faith in God enough to erase my blue moods? Why haven't I been

able to conquer my anger? Pray away my fear and worry? Why can't I find freedom from secret obsessions and addictions? Using the Brain System Checklist, Dr. Henslin explains what happens to the 5 Mood Centers in the brain when any of those areas are out of balance. This is great news, especially for those tortured by the fear that something is fundamentally wrong with them when the problem actually lies between their ears. Read this practical, easy-to-understand, and often entertaining book, and you'll know exactly how to nourish your mind, balance your brain, and help others do the same. After all, the capacity for joy is a terrible thing to waste.

This Is Your Brain on Shamrocks

AuthorHouse

Renowned Irish Culture vulture Mike Farragher turns a critical eye on himself in the pages of *This is Your Brain on Shamrocks* and provides a funny, sweet, and certainly irreverent take on life, spirituality, parenting, music, and heritage. Turn the pages and take a whiplash ride through the Irish American psyche!

This Is Your Brain on Parasites

How Tiny Creatures Manipulate Our Behavior and Shape Society

HarperCollins
 “Engrossing ... [An] expedition through the hidden and sometimes horrifying microbial domain.” —Wall Street Journal

“Fascinating—and full of the kind of factoids you can't wait to share.” —Scientific American
Parasites can live only inside another animal and, as Kathleen McAuliffe reveals, these tiny organisms have many evolutionary motives for manipulating the behavior of their hosts. With astonishing precision, parasites can coax rats to approach cats, spiders to transform the patterns of their webs, and fish to draw the attention of birds that then swoop down to feast on them. We humans are hardly immune to their influence. Organisms we pick up from our own pets are strongly suspected of changing our personality traits and contributing to recklessness and

impulsivity—even suicide. Germs that cause colds and the flu may alter our behavior even before symptoms become apparent. Parasites influence our species on the cultural level, too. Drawing on a huge body of research, McAuliffe argues that our dread of contamination is an evolved defense against parasites. The horror and revulsion we are programmed to feel when we come in contact with people who appear diseased or dirty helped pave the way for civilization, but may also be the basis for major divisions in societies that persist to this day. *This Is Your Brain on Parasites* is both a journey into cutting-edge science and a revelatory examination of what it means to be

human. “If you’ve ever doubted the power of microbes to shape society and offer us a grander view of life, read on and find yourself duly impressed.” —Heather Havrilesky, Bookforum

This is Your Brain on Sports

The Science of Underdogs, the Value of Rivalry, and what We Can Learn from the T-shirt Cannon

The executive editor of "Sports Illustrated" and a psychologist join forces to examine the behavior of those involved in professional sports, explaining how athletes can successfully put aside personal trauma on game day and why people love to root for a loser.

Your Brain on Exercise *Oxford University Press*

Acclaimed neuroscientist Gary Wenk reveals the fascinating impacts of exercise on the brain. Decades of research demonstrate that regular modest levels of exercise improve heart and lung function and may relieve joint pain. Regular daily exercise will help your body to regulate blood sugar levels and reduce inflammation, and many of these benefits are a consequence of reducing the amount of body fat you carry around. Your body clearly benefits in many ways from regular exercise. Does your brain benefit as well? Does regular exercise positively affect brain function?

Does our thinking become faster because we exercise? Does running a marathon make us smarter? Dr. Gary Wenk's goal is to provide a realistic perspective on what benefits your brain should expect to achieve from exercise. *Your Brain on Exercise* skillfully blends scholarship with illuminating insights and clarity. Without requiring any specialized knowledge about the brain, *Your Brain on Exercise* entertainingly illustrates the intersection between brain health, the consequences of exercise, and our need to eat in an entirely new light. An internationally renowned neuroscientist and medical researcher, Dr.

Wenk has been educating college and medical students about the brain and lecturing around the world for more than forty years.

This Is Your Brain on Birth Control

The Surprising Science of Women, Hormones, and the Law of Unintended Consequences

Penguin

An eye-opening book that reveals crucial information every woman taking hormonal birth control should know. This groundbreaking book sheds light on how hormonal birth control affects women--and the world around them--in ways we are just now beginning to understand. By allowing women to control their fertility,

the birth control pill has revolutionized women's lives. Women are going to college, graduating, and entering the workforce in greater numbers than ever before, and there's good reason to believe that the birth control pill has a lot to do with this. But there's a lot more to the pill than meets the eye. Although women go on the pill for a small handful of targeted effects (pregnancy prevention and clearer skin, yay!), sex hormones can't work that way. Sex hormones impact the activities of billions of cells in the body at once, many of which are in the brain. There, they play a role in influencing attraction, sexual motivation, stress, hunger, eating patterns, emotion

regulation, friendships, aggression, mood, learning, and more. This means that being on the birth control pill makes women a different version of themselves than when they are off of it. And this is a big deal. For instance, women on the pill have a dampened cortisol spike in response to stress. While this might sound great (no stress!), it can have negative implications for learning, memory, and mood. Additionally, because the pill influences who women are attracted to, being on the pill may inadvertently influence who women choose as partners, which can have important implications for their relationships once they go off it. Sometimes these

changes are for the better . . . but other times, they're for the worse. By changing what women's brains do, the pill also has the ability to have cascading effects on everything and everyone that a woman encounters. This means that the reach of the pill extends far beyond women's own bodies, having a major impact on society and the world. This paradigm-shattering book provides an even-handed, science-based understanding of who women are, both on and off the pill. It will change the way that women think about their hormones and how they view themselves. It also serves as a rallying cry for women to demand more information from

science about how their bodies and brains work and to advocate for better research. This book will help women make more informed decisions about their health, whether they're on the pill or off of it.

Switch On Your Brain

The Key to Peak Happiness, Thinking, and Health *Baker Books*

According to researchers, the vast majority--a whopping 75-98 percent--of the illnesses that plague us today are a direct result of our thought life. What we think about truly affects us both physically and emotionally. In fact, fear alone triggers more than 1,400 known physical and

chemical responses in our bodies, activating more than thirty different hormones! Today our culture is undergoing an epidemic of toxic thoughts that, left unchecked, create ideal conditions for illnesses. Supported by current scientific and medical research, Dr. Caroline Leaf gives readers a prescription for better health and wholeness through correct thinking patterns, declaring that we are not victims of our biology. She shares with readers the "switch" in our brains that enables us to live happier, healthier, more enjoyable lives where we achieve our goals, maintain our weight, and even become more intelligent. She shows us how to choose life,

get our minds under control, and reap the benefits of a detoxed thought life.

This Is Your Brain on Anxiety

What Happens and What Helps

Our brains do their best to help us out, but every so often they can be real assholes - having melt downs, getting addicted to things, or shutting down completely at the worst possible moments. Your brain knows it's not good to do these things, but it can't help it sometimes - especially if it's obsessing about trauma it can't overcome. That's where this life-changing book comes in. With humour, patience, science, and lots of good-ole

swearing, Dr. Faith explains what's going on in your skull, and talks you through the process of retraining your brain.

Your Brain On Nature

The Science of Nature's Influence on Your Health, Happiness and Vitality *Harper Collins*

How to safely de-tox from IT overload--with the healing effects of nature. Scientific studies have shown that natural environments can have remarkable benefits for human health. Natural environments are more likely to promote positive emotions; and viewing and walking in nature have been associated with heightened physical and mental energy.

Nature has also been found to have a positive impact on children who have been diagnosed with impulsivity, hyperactivity, and attention deficit disorder. A powerful wake-up call for our tech-immersed society, *Your Brain on Nature* examines the fascinating effects that exposure to nature can have on the brain. In *Your Brain on Nature*, physician Eva Selhub and naturopath Alan Logan examine not only the effects of nature on the brain--but the ubiquitous influence of everyday technology on the brain, and how IT overload and its many distractions may even be changing it. Offering an antidote for the technology-addicted, the book outlines emerging nature-based therapies including ecotherapy, as well as practical strategies for improving your (and your children's) cognitive functioning, mental health, and physical well-being through ecotherapeutic, nutritional, and behavioural means. Details the back to nature movement and the benefits of nature on the brain and body, from reducing the symptoms of ADHD to improving mood and physical energy. Explains the effects of air quality, aromas, light and sound on the brain, including SAD and sleep loss. A fascinating look at the effects that both nature and technology have on the brain's functioning and one's overall well-being, *Your*

Brain on Nature is every tech-addict's guide to restoring health and balance in an increasingly IT-dependent world.

Mindsight

Transform Your Brain with the New Science of Kindness

Oneworld Publications

Daniel Siegel coined the term 'mindsight' to describe the innovative integration of brain science with the practice of psychotherapy. Using interactive examples and case histories from his clinical practice, Dr Siegel shows how mindsight can be applied to alleviate a range of psychological and interpersonal problems. With warmth and humour, he shows us how to observe the working of our minds,

allowing us to understand why we think, feel, and act the way we do, and how, by following the proper steps, we can literally change the wiring and architecture of our brains.

Flicker

Your Brain on Movies *Oxford University Press, USA*

How is it that a patch of flickering light on a wall can produce experiences that engage our imaginations and can feel totally real? From the vertigo of a skydive to the emotional charge of an unexpected victory or defeat, movies give us some of our most vivid experiences and most lasting memories. They reshape our emotions and worldviews--but

why? In *Flicker*, Jeff Zacks delves into the history of cinema and the latest research to explain what happens between your ears when you sit down in the theatre and the lights go out. Some of the questions *Flicker* answers: Why do we flinch when Rocky takes a punch in Sylvester Stallone's movies, duck when the jet careens towards the tower in *Airplane*, and tap our toes to the dance numbers in *Chicago* or *Moulin Rouge*? Why do so many of us cry at the movies? What's the difference between remembering what happened in a movie and what happened in real life--and can we always tell the difference? To answer these questions and more, *Flicker* gives us

an engaging, fast-paced look at what happens in your head when you watch a movie.

Your Brain On Plants

Improve the Way You Think and Feel with Safe—and Proven—Medicinal Plants and Herbs *The Experiment*

A practical, authoritative reference guide to more than 50 medicinal plants that offer natural, safe ways to optimize your brain health. Expert authors and mother-daughter team Elaine and Nicolette Perry have mastered an ever-growing body of scientific research (some of which they themselves pioneered) on how medicinal plants can help you sleep soundly, reduce

stress, improve your memory, and simply feel better—in body and mind. Organized to easily steer you toward the best remedies for your individual needs, *Your Brain on Plants* presents: Calming Balms Cognition Boosters Blues Busters Sleep Promoters Pain Relievers Extra Energizers Mind-Altering Plants Plant Panaceas Within each of these chapters are detailed entries for the medicinal plants and herbs suited to the task, including what scientists know about them, their active ingredients, and guidelines regarding their safe use. Make-at-home recipes for foods, teas, tinctures, balms, and cordials demonstrate how simple it is to benefit from everything these

plants have to offer. Plus, foods naturally containing ingredients proven to alleviate symptoms appear throughout the book, along with complementary wellness practices such as meditating (on a chamomile lawn), qi gong (in a wildflower meadow), and walking (in woodland). Praise for *Your Brain on Plants* “Two qualified nutritional specialists have assembled a clear, concise reference of well-known plants believed to benefit the brain . . . Fascinating facts and bits of folklore, controversies, and important herb-drug interactions add to this timely and intriguing text.” —Choice “This unique volume focusing on plants for mental health will be of

interest to anyone considering herbal medicines." —Booklist

This Is Your Brain on Sex

The Science Behind the Search for Love *Simon and Schuster*

Draws on the latest neuroscientific findings beyond cultural perceptions to reveal how the brain processes love and interpersonal relationships, addressing such questions as the practicality of monogamy, the relationship between love and hate and whether or not the "seven-year itch" actually exists.

Your Brain on Food: How Chemicals Control Your Thoughts and

Feelings *Oxford University Press, USA*

Why is eating chocolate so pleasurable? Can the function of just one small group of chemicals really determine whether you are happy or sad? Does marijuana help to improve your memory in old age? Is it really best to drink coffee if you want to wake up and be alert? Why is a drug like PCP potentially lethal? Why does drinking alcohol make you drowsy? Do cigarettes help to relieve anxiety? What should you consume if you are having trouble staying in your chair and focusing enough to get your work done? Why do treatments for the common cold make us drowsy? Can eating less food preserve your brain? What are the

possible side effects of pills that claim to make you smarter? Why is it so hard to stop smoking? Why did witches once believe that they could fly? In this book, Gary Wenk demonstrates how, as a result of their effects on certain neurotransmitters concerned with behavior, everything we put into our bodies has very direct consequences for how we think, feel, and act. The chapters introduce each of the main neurotransmitters involved with behavior, discuss its role in the brain, present some background on how it is generally turned on and off, and explain ways to influence it through what we consume.

Idol Worship

A Shameless Celebration of Male Beauty in the Movies

STARbooks Press

Illustrated with over 120 beautiful photos, this is the year's best guide to the leading men whose looks have made them the objects of intense fantasy and desire. Included is a text that will flesh out the pin-ups, featuring career highlights, brief bios and queer takes on more than 90 pretty boy actors from the silent era to today, plus a definitive list of more than 750 actors along with a representative film title of where to catch them at their hottest.

Your Brain on Food

How Chemicals Control Your Thoughts and Feelings *Oxford*

University Press

An internationally renowned neuroscientist, Dr. Wenk has been educating college and medical students about the brain and lecturing around the world for more than forty years. He has published over three hundred publications on the effects of drugs upon the brain. This essential book vividly demonstrates how a little knowledge about the foods and drugs we eat can teach us a lot about how our brain functions. The information is presented in an irreverent and non-judgmental manner that makes it highly accessible to high school teenagers, inquisitive college students and worried parents. Dr. Wenk has

skillfully blended the highest scholarly standards with illuminating insights, gentle humor and welcome simplicity. The intersection between brain science, drugs, food and our cultural and religious traditions is plainly illustrated in an entirely new light. Wenk tackles fundamental questions, including: · Why do you wake up tired from a good long sleep and why does your sleepy brain crave coffee and donuts? · How can understanding a voodoo curse explain why it is so hard to stop smoking? · Why is a vegetarian or gluten-free diet not always the healthier option for the brain? · How can liposuction improve brain function? · What is the connection

between nature's hallucinogens and religiosity? · Why does marijuana impair your memory now but protect your memory later in life? · Why do some foods produce nightmares? · What are the effects of diet and obesity upon the brains of infants and children? · Are some foods better to eat after traumatic brain injury?

The Well-Educated Mind: A Guide to the Classical Education You Never Had *W. W. Norton & Company*

An engaging, accessible guide to educating yourself in the classical tradition. Have you lost the art of reading for pleasure? Are there books you know you should read but haven't because they seem too daunting? In *The Well-*

Educated Mind, Susan Wise Bauer provides a welcome and encouraging antidote to the distractions of our age, electronic and otherwise. In her previous book, *The Well-Trained Mind*, the author provided a road map of classical education for parents wishing to home-school their children, and that book is now the premier resource for home-schoolers. In this new book, Bauer takes the same elements and techniques and adapts them to the use of adult readers who want both enjoyment and self-improvement from the time they spend reading. *The Well-Educated Mind* offers brief, entertaining histories of five literary genres—fiction, autobiography, history, drama, and

poetry—accompanied by detailed instructions on how to read each type. The annotated lists at the end of each chapter—ranging from Cervantes to A. S. Byatt, Herodotus to Laurel Thatcher Ulrich—preview recommended reading and encourage readers to make vital connections between ancient traditions and contemporary writing. The *Well-Educated Mind* reassures those readers who worry that they read too slowly or with below-average comprehension. If you can understand a daily newspaper, there's no reason you can't read and enjoy Shakespeare's Sonnets or Jane Eyre. But no one should attempt to read the "Great Books" without a guide and a plan. Susan Wise Bauer

will show you how to allocate time to your reading on a regular basis; how to master a difficult argument; how to make personal and literary judgments about what you read; how to appreciate the resonant links among texts within a genre—what does Anna Karenina owe to Madame Bovary?—and also between genres. Followed carefully, the advice in *The Well-Educated Mind* will restore and expand the pleasure of the written word.

Words Can Change Your Brain

12 Conversation Strategies to Build Trust, Resolve Conflict, and Increase Intimacy *Penguin*

In our default state, our

brains constantly get in the way of effective communication. They are lazy, angry, immature, and distracted. They can make a difficult conversation impossible. But Andrew Newberg, M.D., and Mark Waldman have discovered a powerful strategy called Compassionate Communication that allows two brains to work together as one. Using brain scans as well as data collected from workshops given to MBA students at Loyola Marymount University, and clinical data from both couples in therapy and organizations helping caregivers cope with patient suffering, Newberg and Waldman have seen that Compassionate Communication can

reposition a difficult conversation to lead to a satisfying conclusion. Whether you are negotiating with your boss or your spouse, the brain works the same way and responds to the same cues. The truth, though, is that you don't have to understand how Compassionate Communication works. You just have to do it. Some of the simple and effective takeaways in this book include: • Make sure you are relaxed; yawning several times before (not during) the meeting will do the trick • Never speak for more than 20-30 seconds at a time. After that they other person's window of attention closes. • Use positive speech; you will need at least three

positives to overcome the effect of every negative used • Speak slowly; pause between words. This is critical, but really hard to do. • Respond to the other person; do not shift the conversation. • Remember that the brain can only hold onto about four ideas at one time Highly effective across a wide range of settings, Compassionate Communication is an excellent tool for conflict resolution but also for simply getting your point across or delivering difficult news.

Unfuck Your Brain

Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, and Triggers *Microcosm Publishing*

Our brains are doing our best to help us out, but they can be real assholes sometimes. Sometimes it seems like your own brain is out to get you—melting down in the middle of the grocery store, picking fights with your date, getting you addicted to something, or shutting down completely at the worst possible moments. You already told your brain firmly that it isn't good to do these things. But your brain has a mind of its own. That's where this book comes in. With humor, patience, and lots of swearing, Dr. Faith shows you the science behind what's going on in your skull and talks you through the process of retraining your brain to respond appropriately to the non-

emergencies of everyday life. If you're working to deal with old traumas, or if you just want to have a more measured and chill response to situations you face all the time, this book can help you put the pieces of the puzzle together and get your life and brain back. Here's an excerpt from the book: Knowing what's going on up in your brain is HUGE. So much of how we interact with the world around us is a completely normal response when we take into account our past experiences and how our brains work.

- Freaking the fuck out
- Avoiding important shit we need to take care of
- Feeling pissed off all the time
- Being a dick to people we care about
- Putting shit in our bodies that we

know isn't good for us

- Doing shit we know is dumb or pointless

None of these things are fucking helpful. But they all make sense. Your brain has adapted to the circumstances in your life and started doing things to protect you, bless it. It's not TRYING to fuck you over (even though it totally is, at times). As we navigate the world, nasty shit happens. The brain stores info about the nasty shit to try to avoid it in the future. Sometimes these responses are helpful. Sometimes the responses become a bigger problem than the actual problem was. It's called a trauma reaction. And even if you aren't dealing with a specific trauma? Adaptive coping strategies, bad

habits, and funky behaviors all wire in similar ways. And research is showing that these issues are actually some of the easier ones to treat in therapy ... if we address what's really going on, rather than just the symptoms.

You Are Not Your Brain

The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life *Penguin*

Two neuroscience experts explain how their 4-Step Method can help break destructive thoughts and actions and change bad habits for good. A leading neuroplasticity researcher and the coauthor of the

groundbreaking books *Brain Lock* and *The Mind and the Brain*, Jeffrey M. Schwartz has spent his career studying the structure and neuronal firing patterns of the human brain. He pioneered the first mindfulness-based treatment program for people suffering from OCD, teaching patients how to achieve long-term relief from their compulsions. For the past six years, Schwartz has worked with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by bad brain wiring. Just like with the compulsions of OCD patients, they discovered that bad habits, social anxieties, self-deprecating

thoughts, and compulsive overindulgence are all rooted in overactive brain circuits. The key to making life changes that you want to make your brain work for you is to consciously choose to "starve" these circuits of focused attention, thereby decreasing their influence and strength. As evidenced by the huge success of Schwartz's previous books, as well as Daniel Amen's *Change Your Brain, Change Your Life*, and Norman Doidge's *The Brain That Changes Itself*, there is a large audience interested in harnessing the brain's untapped potential, yearning for a step-by-step, scientifically grounded and clinically proven approach. In fact, readers of *Brain*

Lock wrote to the authors in record numbers asking for such a book. In *You Are Not Your Brain*, Schwartz and Gladding carefully outline their program, showing readers how to identify negative brain impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

Switch On Your Brain Every Day

365 Readings for Peak Happiness, Thinking, and Health *Baker Books*

According to researchers, the vast majority--a whopping 75-98 percent--of the illnesses that plague us today are a direct result of our thought

life. What we think about truly affects us both physically and emotionally. In fact, fear alone triggers more than 1,400 known physical and chemical responses in our bodies, activating more than thirty different hormones! Today our culture is undergoing an epidemic of toxic thoughts that, left unchecked, create ideal conditions for illnesses. In *Switch On Your Brain*, Dr. Caroline Leaf gave readers a prescription for better health and wholeness through correct thinking patterns. Now she helps readers live out their happier, healthier, more enjoyable lives every day with this devotional companion to her bestselling book. Readers will find here

encouragement and strategies to reap the benefits of a detoxed thought life--every day!

Your Brain on Ink

A Workbook on Neuroplasticity and the Journal Ladder *Rowman & Littlefield Publishers*

In an easy-to-use workbook format, this publication offers a strengths based, preventative, positive approach, grounded in neuroscience research, for creating a stronger sense of overall well-being. It contains more than 65 unique writing prompts and a facilitator's guide with complete facilitation plans for 1-hour, 90 minutes and 2-hour groups."

Train Your Mind, Change Your Brain

**How a New Science
Reveals Our
Extraordinary
Potential to
Transform Ourselves**

Ballantine Books

Cutting-edge science and the ancient wisdom of Buddhism have come together to reveal that, contrary to popular belief, we have the power to literally change our brains by changing our minds. Recent pioneering experiments in neuroplasticity—the ability of the brain to change in response to experience—reveal that the brain is capable of altering its structure and function, and even of generating new neurons, a power we retain well into old age. The brain can adapt, heal, renew itself after trauma, compensate for disabilities, rewire itself

to overcome dyslexia, and break cycles of depression and OCD. And as scientists are learning from studies performed on Buddhist monks, it is not only the outside world that can change the brain, so can the mind and, in particular, focused attention through the classic Buddhist practice of mindfulness. With her gift for making science accessible, meaningful, and compelling, science writer Sharon Begley illuminates a profound shift in our understanding of how the brain and the mind interact and takes us to the leading edge of a revolution in what it means to be human. Praise for *Train Your Mind, Change Your Brain* “There are two great things about this book. One is that it

shows us how nothing about our brains is set in stone. The other is that it is written by Sharon Begley, one of the best science writers around. Begley is superb at framing the latest facts within the larger context of the field. This is a terrific book.”—Robert M. Sapolsky, author of *Why Zebras Don’t Get Ulcers* “Excellent . . . elegant and lucid prose . . . an open mind here will be rewarded.”—Discover “A strong dose of hope along with a strong does of science and Buddhist thought.”—The San Diego Union-Tribune

**Your Brain at Work,
Revised and
Updated**

**Strategies for
Overcoming**

**Distraction,
Regaining Focus,
and Working
Smarter All Day
Long** *Harper Business*

A researcher and consultant burrows deep inside the heads of one modern two-career couple to examine how each partner processes the workday--revealing how a more nuanced understanding of the brain can allow us to better organize, prioritize, recall, and sort our daily lives. Emily and Paul are the parents of two young children, and professionals with different careers. Emily is the newly promoted vice president of marketing at a large corporation; Paul works from home or from clients' offices as an independent IT consultant. Their days

are filled with a bewildering blizzard of emails, phone calls, more emails, meetings, projects, proposals, and plans. Just staying ahead of the storm has become a seemingly insurmountable task. In *Your Brain at Work*, Dr. David Rock goes inside Emily and Paul's brains to see how they function as each attempts to sort, prioritize, organize, and act on the vast quantities of information they receive in one typical day. Dr. Rock is an expert on how the brain functions in a work setting. By analyzing what is going on in their heads, he offers solutions Emily and Paul (and all of us) can use to survive and thrive in today's hyperbusy work environment--and still

feel energized and accomplished at the end of the day. In *Your Brain at Work*, Dr. Rock explores issues such as: why our brains feel so taxed, and how to maximize our mental resources why it's so hard to focus, and how to better manage distractions how to maximize the chance of finding insights to solve seemingly insurmountable problems how to keep your cool in any situation, so that you can make the best decisions possible how to collaborate more effectively with others why providing feedback is so difficult, and how to make it easier how to be more effective at changing other people's behavior and much more.

Your Money and

Your Brain

How the New Science of Neuroeconomics Can Help Make You Rich

Simon and Schuster

A senior Money magazine writer draws on up-to-date findings to reveal how money can have the same effect on the mind as sex and drugs, explaining how to use the emerging science of neuroeconomics to make profitable investment choices while avoiding key mistakes. 60,000 first printing.

Your Brain on Porn

Internet Pornography and the Emerging Science of Addiction

The internet has made access to sexually explicit content

radically more easy than ever before. This book is essential reading for those who are troubled by their own relationship with pornography, and for those who want to understand the world we now live in. Republished with extensive revisions in December 2017.

Your Brain Is Always Listening

Tame the Hidden Dragons That Control Your Happiness, Habits, and Hang-Ups

Tyndale House Publishers, Inc.

New York Times bestselling author Dr. Daniel Amen equips you with powerful weapons to battle the inner dragons that are breathing fire on your brain, driving

unhealthy behaviors, and robbing you of joy and contentment. Your brain is always listening and responding to these hidden influences and unless you recognize and deal with them, they can steal your happiness, spoil your relationships, and sabotage your health. This book will teach you to tame the: 1. Dragons from the Past that ignite your most painful emotions; 2. Negative Thought Dragons that attack you, fueling anxiety and depression; 3. They and Them Dragons, people in your life whose own dragons do battle with yours; 4. Bad Habit Dragons that increase the chances you'll be overweight, overwhelmed, and an underachiever; 5.

Addicted Dragons that make you lose control of your health, wealth, and relationships; 6. Scheming Dragons, advertisers and social media sites that steal your attention. In *Your Brain Is Always Listening*, Dr. Daniel Amen shows you how to recognize harmful dragons and gives you the weapons to vanquish them. With these practical tools, you can stop feeling sad, mad, nervous, or out of control and start being happier, calmer, and more in control of your own destiny.

How God Changes Your Brain

Breakthrough Findings from a Leading Neuroscientist

Ballantine Books

God is great—for your

mental, physical, and spiritual health. Based on new evidence culled from brain-scan studies, a wide-reaching survey of people's religious and spiritual experiences, and the authors' analyses of adult drawings of God, neuroscientist Andrew Newberg and therapist Mark Robert Waldman offer the following breakthrough discoveries:

- Not only do prayer and spiritual practice reduce stress, but just twelve minutes of meditation per day may slow down the aging process.
- Contemplating a loving God rather than a punitive God reduces anxiety and depression and increases feelings of security, compassion, and love.
- Fundamentalism, in and of itself, can be

personally beneficial, but the prejudice generated by extreme beliefs can permanently damage your brain.

- Intense prayer and meditation permanently change numerous structures and functions in the brain, altering your values and the way you perceive reality.

Both a revelatory work of modern science and a practical guide for readers to enhance their physical and emotional health, *How God Changes Your Brain* is a first-of-a-kind book about faith that is as credible as it is inspiring.

Welcome to Your Brain

Why You Lose Your Car Keys but Never Forget How to Drive and Other Puzzles of

Everyday Life

Bloomsbury Publishing USA

Does drinking really kill brain cells? Does listening to Mozart make your baby smarter? For all the mileage we've gotten from our own brains, most of us have essentially no idea how they work. We're easily susceptible to myths (like the "fact" that we use only 10% of our brains) and misconceptions (like the ones perpetrated by most Hollywood movies), probably because we've never known where to turn for the truth. But neurologists Sandra Aamodt and Sam Wang are glad to help. In this

funny, accessible book, we get a guided tour of our own minds, what they're made of, how they work, and how they can go wrong. Along the way, we get a host of diagrams, quizzes, and "cocktail party tips" that shed light on the questions we nag each other about. (Can a head injury make you forget your own name? Are dolphins smarter than chimpanzees?) Fun and surprisingly engrossing, *Welcome to Your Brain* shows you how your brain works, and how you can make it work better.

Read This Book and Save Your Brain