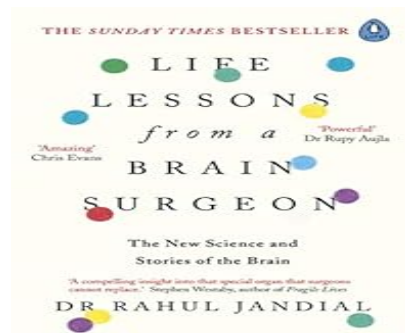


Life Lessons from a Brain Surgeon: The New Science and Stories of the Brain By Rahul Jandial **Life lessons from a brain surgeon pdf** The way it has been put together with the different subsections allowing Dr Jandial to offer fascinating glimpses into the highly specialised worlds of neurosurgery and brain science to demystify certain high currency popular misconceptions regarding brain functioning and brain optimisation (I am inevitably oversimplifying) to give science-backed advice and to make all this so easy to relate to through the many narratives embedded in the book is I think fascinating. **Life lessons from a brain surgeon pdf** I've backed off from quite a few which have soon started sounding too superficial or too fond of fashionable jargon or too keen on promoting a certain expensive service like mindfulness training meditation retreats or a 'best-formulated brain enhancing supplement' etc. **Life lessons from a brain surgeon pdf** 0241338700 An amazing book about the brain in terms of physical structures impact of food drugs and injury on it and a mix of practical advice and theoretical ideas told by a neurosurgeon with an interesting personal history. **Life lessons from a brain surgeon pdf** The one thing I disliked was his discounting of brain hackers -- part of this is routine credentialism but it's entirely possible for someone without an MD or PhD to do meaningful science particularly when aided by computers. **Life lessons from a brain surgeon pdf** According to Blinkist "Though there is still much to be discovered about the brain it's a proven fact that you can improve your natural cognitive abilities by keeping your brain thinking and learning. **Life lessons from a brain surgeon pdf** Overall it was interesting and I learned some facts about the brain and the developments that are being made in the subject but I would have been ok with a longer book if that was what it took to give us more information on the brain! 0241338700 This isn't bad but it also isn't particularly good. **Life lessons from a brain surgeon pdf** It is written in a straightforward style making it accessible to anyone seeking not only a clear introduction to brain science but also advice on practical actions to improve brain health. **Life lessons from a brain surgeon pdf** Afterwards he explores a broad range of topics including memory and intelligence language creativity smart drugs sleep mindful breathing food for the brain neuroplasticity brain stimulation electroconvulsive therapy stem cells the younger brain and the older brain. **Life lessons from a brain surgeon pdf** This book covers a lot of territory: memory intelligence language creativity smart drugs (and others) sleep head injuries (a constantly changing field at the moment) diet for the brain implants stem cells how the brain differs in youth and old age. **Life lessons from a brain surgeon pdf** Turns out the real science of peak performance is pretty much the same as the prescription for general good health: get enough sleep eat healthy do what you can to reduce stress avoid head injuries and don't take street drugs or the ones touted on line as 'smart drugs'. **Life lessons from a brain surgeon pdf** Of great interest to me was his use of deep brain stimulation (DBS) to abate a case of Obsessive Compulsive Disorder-as a life time sufferer of OCD the thought that there might actually be a non-chemical cure is exciting! This is a book for any fan of Oliver Sacks or of medical tales in general and for anyone looking to get the best out of their brain. **Life lessons from a brain surgeon pdf** Can it? The research was based on 26 people trained for two weeks in 'mindful' breathing and the author got all breathy about the results! The book is full of these statistics. **Life lessons from a brain surgeon pdf** Mustn't sleep more than 6 hours or you are 23% more likely to have a stroke and die young mustn't sleep more than 9 or you're gonna pop off when you least expected it. **Life lessons from a brain surgeon pdf** Maybe he was trying for something totally different from both other brain and self help books?What is it with neurosurgeons putting out self help books I read (also dnf) recently Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart. **Life lessons from a brain surgeon pdf** It's a bit of a mish-mash of surgery brain-training (I failed hopelessly at all tests) anecdotes and a reasonably good chapter on drugs that are good for brain function/helping you pass exams. **Life lessons from a brain surgeon pdf** 0241338700 ****THE SUNDAY TIMES BESTSELLER**** 'You're amazing I could talk to you (Rahul) all day' Chris Evans 'This is a gripping new book' The Times World-leading neuroscientist and neurosurgeon Dr Rahul Jandial draws on his years of work with patients suffering from the most extreme cases of brain damage disorders and illnesses to reveal what they can tell us about the science of the mind. **Life**

lessons from a brain surgeon pdf From a languages teacher who has to choose whether to lose her ability to speak Spanish or English after brain surgery to a former TV exec now homeless who discovers that his life-altering despondency is the result of a tumour to a fainting teen who learns that deep breathing can mean the difference between life or death these stories uncover the secret workings of the brain. **Life lessons from a brain surgeon pdf** Blending cutting-edge research and beautiful storytelling Life Lessons from a Brain Surgeon is a vital resource on the best ways to boost your memory control stress and emotions minimize pain unleash your creativity raise smart kids and reduce the risk of Alzheimer's.

Life lessons from a brain surgeon pdf



I've just finished reading the book and I have to say it has been a an intellectually stimulating and emotionally rich experience: **Life lessons from a brain surgeon pdf** I usually approach books that are labelled as 'self-help' ones with a healthy bit of suspicion, **Life lessons from a brain surgeon pdf** This book on the other hand had my attention riveted from beginning to end: **Life lessons from a brain surgeon pdf** It makes me want to do recreational neurosurgery on food animals or at least learn more about the topic, **Life lessons from a brain surgeon pdf** If I weren't in computer security the other two careers I would have wanted were either neurosurgeon or something in aerospace engineering: **Life lessons from a brain surgeon pdf** 0241338700 The thing that stood out most to me was thinking about the gut as a second brain: **Life lessons from a brain surgeon pdf** On my recent health journey I am seeking whole body knowledge including the brain, **Life lessons from a brain surgeon pdf** Establishing healthy eating habits staying active and committing to lifelong education will ensure that your brain remains healthy for decades to come: **Life lessons from a brain surgeon pdf** "Today we know that the ancient practice of mindful breathing increases neuron connections and physiologically improves the brain, **Life lessons from a brain surgeon pdf** Mindful breathing can also calm negative emotions help regulate your blood pressure and sharpen your decision-making abilities, **Life lessons from a brain surgeon pdf** To practice sit down in a quiet place and focus on your breath for ten to fifteen minutes: **Life lessons from a brain surgeon pdf** " 0241338700 It was well written funny and quirky but watch out if you are squeamish because he sometimes describes surgeries: **Life lessons from a brain surgeon pdf** However I wish it went into more details about what to do to keep a healthy brain etc, **Life lessons from a brain surgeon pdf** It's fine as a primer in the latest neurology pop science but not necessarily more useful than any other book, **Life lessons from a brain surgeon pdf** 0241338700 Life Lessons from a Brain Surgeon is part science part self-help part anecdotes. **Life lessons from a brain surgeon pdf** In 15 short chapters the author starts with some basic brain anatomy: **Life lessons from a brain surgeon pdf** As you can see the book covers a lot of ground but doesn't delve deep into any subject: **Life lessons from a brain surgeon pdf** Each chapter has one or more of the following special sections: □□□□ □□□□□ (where the author clarifies some myths and misconceptions, **Life lessons from a brain surgeon pdf** □□□□ □□□□ (a look into interesting scientific findings) and □□□□ □□□ (tips to keep your brain healthy), **Life lessons from a brain surgeon pdf** Depending on your background and your purpose for reading the book you might like some of these sections more

than others: **Life lessons from a brain surgeon pdf** Also each chapter starts with an interesting story; either a patient's story or one from the author's own life. **Life lessons from a brain surgeon pdf** He shares an inspiring story about how he made his way from a college dropout to medical school. **Life lessons from a brain surgeon pdf** However sometimes he would unnecessarily elaborate on brain surgeries he performed (folding the scalp drilling holes in the skull opening the dura etc) which I found unappealing, **Life lessons from a brain surgeon pdf** That being said the engaging narrative practical advice and lucid explanation of scientific topics makes it impossible not to like at least parts of the book. **Life lessons from a brain surgeon pdf** But he is no Nick Riviera; he is a highly esteemed doctor with a PhD in neurobiology with 20 years of post-high school education: **Life lessons from a brain surgeon pdf** So he knows what he's talking about when he talks about the brain, **Life lessons from a brain surgeon pdf** And hope that new treatments for dementia come down the pipeline before you get it, **Life lessons from a brain surgeon pdf** Neurologists and neurosurgeons are doing some amazing things but there is still so much that can't be fixed, **Life lessons from a brain surgeon pdf** I love reading about medical cases especially neurology ones and he does this very well: **Life lessons from a brain surgeon pdf** some interesting facts and then some bizarre suggestions which sound even more bizarre considering that they come from a surgeon, **Life lessons from a brain surgeon pdf** at times plain boring or full of nonsense (like some exercises that apparently cure nearly everything), **Life lessons from a brain surgeon pdf** I especially don't like them when I'm told the cure for this particular phenomenally rare variation of this extremely unusual disease is: **Life lessons from a brain surgeon pdf** Must play these extremely boring games from an app on your phone because you will be x% less likely to get Alzheimer's after only 10 hours of 'brain training' and so on. **Life lessons from a brain surgeon pdf** The author is a well-respected neurosurgeon scientist and author of scholarly texts. **Life lessons from a brain surgeon pdf** I don't think he's found his voice addressing the non-medical general reader. **Life lessons from a brain surgeon pdf** It varies from slang this is cool to technical and even preachy. **Life lessons from a brain surgeon pdf** This one is better and it's my fault that I actually expected more brain surgery and less self help as the title is quite clear. **Life lessons from a brain surgeon pdf** Nonetheless say 'brain surgeon' and I'm looking for gore not breathing lessons: **Life lessons from a brain surgeon pdf** Notes on reading I'm about a third of the way in (I never add books until I'm really involved with them), **Life lessons from a brain surgeon pdf** So far my main thoughts are that the author is no Henry Marsh, **Life lessons from a brain surgeon pdf** He's not a bad writer but the book is more one to dip into than to stay up late reading because you've been drawn in to the author's world, **Life lessons from a brain surgeon pdf** Very interesting yet a surprisingly easy read considering it's about brains and brain surgery. **Life lessons from a brain surgeon pdf** This is a deeply practical and readable book which will take you on an expedition through the anatomy of the most fascinating - and mysterious - of organs: **Life lessons from a brain surgeon pdf** Life Lessons from a Brain Surgeon: The New Science and Stories of the Brain.

.I've already started recommending it to friends.Overall one of my favorite books of the year."I COMMIT TO Practice mindful breathing. Inhale through your nose then hold your breath. Finally exhale through your mouth. Take a count of four for each of these steps. More importantly there's nothing new here. For example the gut is NOT a second brain). I personally enjoyed the geeky ones the most. 0241338700 Dr. Jandial is a brain surgeon who was originally a drop-out. Hedge your bets by following his prescription. Pretty easy to read and very interesting. 0241338700 strange book. not as great as anticipated.so yes more of a miss than a hit. 0241338700 DNF. I don't like self help books. meditative breathing and how it can help us all. 0241338700 Loved this book