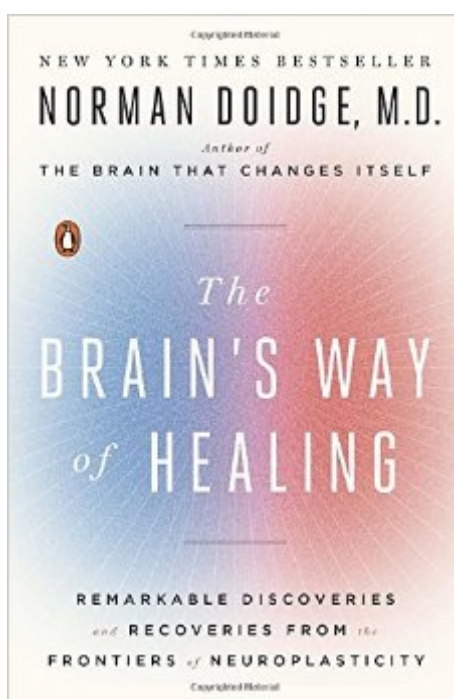


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# The Brain's Way Of Healing: Remarkable Discoveries And Recoveries From The Frontiers Of Neuroplasticity (James H. Silberman Book)



## Synopsis

NEW YORK TIMES BESTSELLER—The New York Times—“bestselling author of *The Brain That Changes Itself* presents astounding advances in the treatment of brain injury and illness. Now in an updated and expanded paperback edition. Winner of the 2015 Gold Nautilus Award in Science & Cosmology— In his groundbreaking work *The Brain That Changes Itself*, Norman Doidge introduced readers to neuroplasticity—the brain’s ability to change its own structure and function in response to activity and mental experience. Now his revolutionary new book shows how the amazing process of neuroplastic healing really works. *The Brain’s Way of Healing* describes natural, noninvasive avenues into the brain provided by the energy around us—in light, sound, vibration, and movement—that can awaken the brain’s own healing capacities without producing unpleasant side effects. Doidge explores cases where patients alleviated chronic pain; recovered from debilitating strokes, brain injuries, and learning disorders; overcame attention deficit and learning disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy. And we learn how to vastly reduce the risk of dementia, with simple approaches anyone can use. — For centuries it was believed that the brain’s complexity prevented recovery from damage or disease. *The Brain’s Way of Healing* shows that this very sophistication is the source of a unique kind of healing. As he did so lucidly in *The Brain That Changes Itself*, Doidge uses stories to present cutting-edge science with practical real-world applications, and principles that everyone can apply to improve their brain’s performance and health.

## Book Information

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## Customer Reviews

My review of "The Brain's Way of Healing" is that of someone who experienced one of the therapies he describes, the Tomatis Method, many years before Norman Doidge's book was published. For me, this is a practical subject, and I hope to shed some light both on this book and to address the natural skepticism that one might have who has not experienced or known someone who has benefited from the type of therapies Dr. Doidge describes. My life is an example of neuroplasticity. I was 40 when I found out about the Tomatis Method, described in Chapter 8 of Dr. Doidge's book. I had never graduated college. I was born with a cleft palate, had speech therapy, and was developmentally slow. I was a traumatized child based on my childhood experiences. In my early 20s, I had cancer and was treated with chemotherapy and radiation at the National Institutes of Health in Bethesda, Maryland. In my mid-30s, I married a wonderful woman from the Philippines whom I met in the States. She was a doctor, and she did not care that I was less accomplished career-wise. It was her sudden death via car accident that plunged me into a phase that I could not pull out of. I was like an old fashioned record player where the needle got stuck in a groove. I traveled to the Listening Centre in Toronto, Canada in 2003. This is the same centre that Dr. Doidge talks about in his book. After doing Tomatis, the needle lifted, I wanted to live again, and I returned to college and finished a degree program within three years after completing my initial treatment. It's important that I share that none of this happened overnight, and mine was not a one-time, cure all treatment. I have received Tomatis sound boosts over the years.

In his new book, Norman Doidge describes the role of brain plasticity in healing. This paradigm is helping us recognize how improvement from symptoms of all kinds is not only possible, but explainable, as well as reproducible. Doidge artfully draws us in with people's stories, including the experiences of Dr. Michael Moskowitz, a chronic pain specialist who figured out a way to cure his own increasingly debilitating chronic pain after 13 years (chapter 1). He has also successfully taught the technique to some of his patients. In chapter 2, Doidge walks with John Pepper, a World War II survivor with Parkinson's disease who devised a program that enabled him to recover lost mobility and other functions. Pepper uses his approach not only to keep many of his symptoms at bay decades after diagnosis, he has also taught it to others with Parkinson's, who have also improved. More amazing stories and treatment approaches follow in each chapter and the case studies

highlight this new paradigm. The research starts to explain the ever-elusive, until now, "why." In easy-to-read connecting language Doidge gives us a framework for understanding what is happening during these transformations. He, and the studies he cites throughout, take us beyond our current understanding of the brain. The principles of brain plasticity presented by Doidge can be summarized as follows (chapter 3): Events such as strokes, infections, head injuries, radiation, toxins and degenerative processes cause brain injury and affect our neurons. While some neurons die following such events, the new science is showing us that some neurons start to signal in irregular ways following injury, which can make the brain "noisy" and confused. Other neurons become dormant (referred to as "non-use").

The human brain can rewire itself. This phenomenon, known for almost a hundred years beginning with the work of Karl Lashley, is known as "plasticity" and was popularized by Norman Doidge's earlier book, "The Brain that Changes Itself". That book was based on contributions from several mainstream neuroscientists working in the field of brain plasticity. In his new book, "The Brain's Way of Healing", he goes further. And much farther - to a realm that is difficult to distinguish from the realm of alternative medicine and New Age healing. The healing claims here include how an astonishing variety of ailments - Parkinson's disease, Alzheimer's disease, multiple sclerosis, cerebral palsy, epilepsy, anxiety, concussion, autism, dyslexia, ADHD, migraine, arthritis, chronic pain, dementia, to name a few, I kid you not - can be cured by the application of "energy" such as light, sound and electrical stimulation. And they are all free of side effects. The fact that the human body can cure itself even when medical science has given up is not new. As far back as the 1930's, Dr. Alexis Carrel, who won the Nobel Prize for pioneering vascular suturing techniques, documented in his book "Man the Unknown", how a group of patients without any hope prayed and healed themselves. Then there is the mystery of the placebo effect, the inert pill with no medicinal value that cures various ailments. So we know that the human body heals itself, even though we have not fully understood the mechanism through which it accomplishes this. Much of the explanation for the placebo effect does not go beyond naming the phenomenon in various ways.

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