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researcher on the faculty at  
the Columbia University  
Center for Psychoanalytic  
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York and the University of Toronto's department of psychiatry, as well as an author, essayist, and poet.

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surface on this fascinating book. The author sets out to teach us about the wonders of neuroplasticity in a way that we non-neuroscientists

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"neuroplasticity" - a concept that expands not just our knowledge of how our brains work, but how we use them. For centuries the human brain has been thought of as incapable of fundamental change. People

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suffering from neurological defects, brain damage or strokes were usually written-off as hopeless cases.

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function in response to mental experience - what we call neuroplasticity. His revolutionary new book shows, for the first time, how the amazing process of neuroplastic healing really works.

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