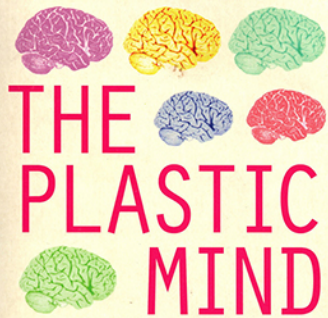


NEW YORK TIMES BESTSELLER



THE PLASTIC MIND

NEW SCIENCE REVEALS OUR EXTRAORDINARY
POTENTIAL TO TRANSFORM OURSELVES

FOREWORD BY THE DALAI LAMA
PREFACE BY DANIEL GOLEMAN



SHARON BEGLEY



The Plastic Mind

Sharon Begley

Is it really possible to change the structure and function of the brain, and in so doing alter how we think and feel? The answer is a resounding yes. For decades, the conventional wisdom of neuroscience held that the hardware of the brain is fixed - that we are stuck with what we were born with. But recent pioneering experiments in neuroplasticity reveal that the brain is capable not only of altering its structure but also of generating new neurons, even into old age. The brain can adapt, heal, renew itself after trauma and compensate for disability. In this groundbreaking book, highly respected science writer Sharon Begley documents how this fundamental paradigm shift is transforming both our understanding of the human mind and our approach to deep-seated emotional, cognitive and behavioural problems. These breakthroughs show that it is possible to reset our happiness meter, regain the use of limbs disabled by stroke, train the mind to break cycles of depression and OCD and reverse age-related changes in the brain.