

## **BOOK THE BRAIN THAT CHANGES ITSELF**



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### **The Brain that Changes Itself Norman Doidge MD**

the brain can change itself. It is a plastic, living organ that can actually change its own structure and function, even into old age. Arguably the most important breakthrough in neuroscience since scientists first sketched out the brain's basic anatomy, this revolutionary discovery, called neuroplasticity, promises to overthrow the centuries-old notion that the brain is fixed and unchanging.

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### **The Brain that Changes Itself Wikipedia**

The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science is a book on neuroplasticity by psychiatrist and psychoanalyst Norman Doidge. The New York Times gave a mostly positive review of the book.

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The Brain That Changes Itself is the all-time bestselling science book in Australia. Major Alzheimer's Breakthrough Dr. Dale Bredeisen and colleagues have developed a protocol that has helped 200 patients with Alzheimer's Disease reverse their symptoms.

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