



## How I Rescued My Brain: A Psychologist's Remarkable Recovery from Stroke and Trauma (New edition)

By David Roland

Scribe Publications. Paperback. Book Condition: new. BRAND NEW, How I Rescued My Brain: A Psychologist's Remarkable Recovery from Stroke and Trauma (New edition), David Roland, As a psychologist specialising in court assessments, David Roland often saw the toughest, most heartbreaking cases. The emotional trauma had begun to take its toll - and then the global financial crisis hit, leaving his family facing financial ruin. So when he found himself in a local emergency ward with little idea of where he was or how he got there, doctors wondered if he had had a nervous breakdown - if the strain of treating individuals with mental-health problems had become too much. Eventually they discovered the truth: David had suffered a stroke, which had resulted in brain injury. He faced two choices: give up or get his brain working again. Drawing on the principles of neuroplasticity, David set about re-wiring his brain. Embarking on a search that brought him into contact with doctors, neuroscientists, yoga teachers, musicians, and a Buddhist nun, he found the tools to restore his sense of self: psychotherapy, exercise, music, mindfulness, and meditation. How I Rescued My Brain is the story of David's neurological difficulties and his remarkable cognitive...



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