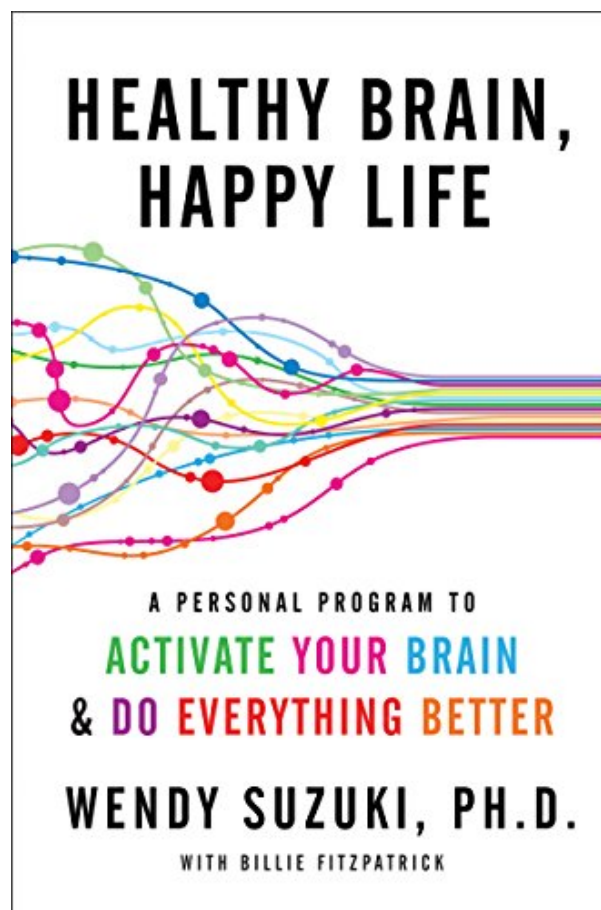


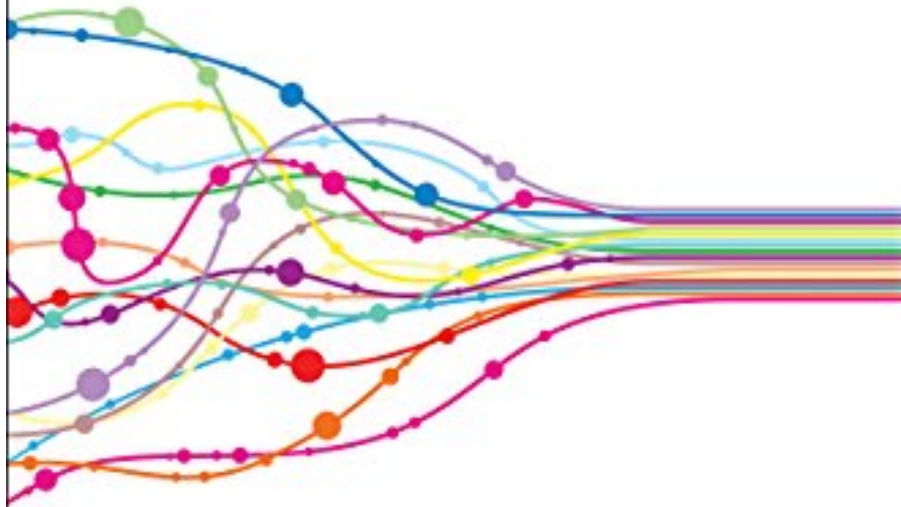
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PERSONAL PROGRAM TO TO ACTIVATE
YOUR BRAIN AND DO EVERYTHING
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WITH BILLIE FITZPATRICK

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From the Back Cover

When we tap into all that our brains do for us, we can make our brains work better. The keys to activating our brains are:

Aerobic Exercise • Mindfulness and Meditation • Rich and Fulfilling Relationships and Experiences

Because our brains respond to what we do in our lives and with our bodies, when we make positive changes we can:

Think Sharper • Increase Memory Capacity • Work with Greater Focus • Improve Our Moods

Harness the Power of Your Brain . . . for a Better Life

At forty, world-renowned, prizewinning neuroscientist Dr. Wendy Suzuki set out on a journey to change her life. The first step was creating an exercise regime that would make her body more fit. In the process, Wendy found herself focusing better, working smarter, and getting more accomplished in a shorter amount of time. As her body transformed, Wendy set out to build a more vibrant social life, spark her creativity, and engage in mindful activities—using her expertise in neuroscience to pinpoint exactly how these actions made her feel and made her brain work better. In *Healthy Brain, Happy Life*, Wendy tells her story and offers practical and fascinating ways to improve memory, engage the brain more deeply, and create a way of living that is good for the body and the mind.

About the Author

Wendy A. Suzuki PhD is a professor of neural science and psychology in the Center for Neural Science at New York University. She received her undergraduate degree in physiology and human anatomy at the University of California, Berkeley in 1987. She went on to earn her PhD in neuroscience from UC San Diego in 1993 and completed a post-doctoral fellowship at the National Institutes of Health before accepting her faculty position at New York University in 1998.

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HEALTHY BRAIN, HAPPY LIFE: A PERSONAL PROGRAM TO TO ACTIVATE YOUR BRAIN AND DO EVERYTHING BETTER BY WENDY SUZUKI, BILLIE FITZPATRICK PDF

A neuroscientist transforms the way we think about our brain, our health, and our personal happiness in this clear, informative, and inspiring guide—a blend of personal memoir, science narrative, and immediately useful takeaways that bring the human brain into focus as never before, revealing the powerful connection between exercise, learning, memory, and cognitive abilities.

Nearing forty, Dr. Wendy Suzuki was at the pinnacle of her career. An award-winning university professor and world-renowned neuroscientist, she had tenure, her own successful research lab, prestigious awards, and international renown.

That's when to celebrate her birthday, she booked an adventure trip that forced her to wake up to a startling reality: despite her professional success, she was overweight, lonely, and tired and knew that her life had to change. Wendy started simply—by going to an exercise class. Eventually, she noticed an improvement in her memory, her energy levels, and her ability to work quickly and move from task to task easily. Not only did Wendy begin to get fit, but she also became sharper, had more energy, and her memory improved. Being a neuroscientist, she wanted to know why.

What she learned transformed her body and her life. Now, it can transform yours.

Wendy discovered that there is a biological connection between exercise, mindfulness, and action. With exercise, your body feels more alive and your brain actually performs better. Yes—you can make yourself smarter. In this fascinating book, Suzuki makes neuroscience easy to understand, interweaving her personal story with groundbreaking research, and offering practical, short exercises—4 minute Brain Hacks—to engage your mind and improve your memory, your ability to learn new skills, and function more efficiently.

Taking us on an amazing journey inside the brain as never before, Suzuki helps us unlock the keys to neuroplasticity that can change our brains, or bodies, and, ultimately, our lives.

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Most helpful customer reviews

5 of 5 people found the following review helpful.

What do you want to get out of this book?

By Cheryl

I gave this 3 stars because I really enjoyed the neuro aspect of the book but I believe it was quite in depth to the point of overkill. I love Wendys' personal journey & appreciate her sharing it. But I was left feeling disappointed as she kept alluding to the connection she had with her physical fitness regime. I personally was disappointed in this section of the book. Maybe I was expecting too much. If you like statistics & lots of data, you might find this a good read.

72 of 77 people found the following review helpful.

We Have An Enormous Capacity To Change Into The Very Best Version Of Ourselves

By Bassocantor

HEALTHY BRAIN, HAPPY LIFE is a fun read, filled with all kinds of exciting ways to expand your brain power. My favorite parts of the book are these little sections that the author calls "Brain Hacks." These sections are lists of easy ways to really supercharge your brain and make use of the latent power in it.

Here's the theme in a nutshell: "One thing I know for sure is that brain plasticity endows us with an enormous capacity to change into the very best version of ourselves that we can be." Dr. Suzuki explains that she uses 20 years of research in neuroscience to apply these same principles to her own personal life. She admits that she "Went from living as a virtual lab rat --an overweight middle aged woman would had achieved many things in science, but who could not seem to figure out how to also be a healthy, happy

woman..."

One of her main discoveries is the powerful mind-body link. The author emphasizes how powerful exercise is. "Exercise is responsible for the majority of the positive brain changes seen with environmental enrichment." And so, Dr. Suzuki invests much time talking about the power of the brain-body connection. Towards that end, she combines physical workouts as a way to energize your brain: "The body has a powerful influence on her brain functions and conversely but the brain has a powerful influence over how are bodies feel and work and heal." Exercise causes definite changes in your body--it boosts the level of three key chemicals that affect mood.

The key is to make your workouts intentional. Towards that end, the author suggests ways to do this--for example, proclaiming affirmations out loud. "Intentional exercise happens when you make exercise both aerobic and mental...You are fully engaged in the moment and trigger a heightened awareness of the brain body connection." In the Brain Hacks section, the author lists different exercises that would best fit you.

Another great section is the section on creativity. You can actually improve your creative thinking; it is "a particular version of regular thinking they can be practiced and improved like any other cognitive skill." Once again, the author lists great suggestions in the Brain Hacks section on ways to jumpstart your creativity. The key point is to learn something new and "Try to use as many senses as you can." For example, one fun suggestion is to "Sit outside and blindfold yourself for 4 minutes. Then, listen to the world sounds in a new way."

All in all, **HEALTHY BRAIN, HAPPY LIFE** is a fun, inspiring read. The author is full of great, uplifting ideas. My favorite chapter is the one on creativity. The end of the book contains an extensive Reference section, in which the author documents the various points she makes.
Highly recommend!

Advance copy for impartial review

4 of 4 people found the following review helpful.

More of personal experience

By Amazon Customer

Its more of personal experience rather than scientific proof. Topics were not well covered in much finer details as I expected.

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