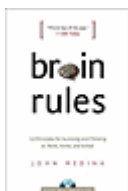

Brain Health & Fitness Reading List

LTC Liz Bobb, Civilian Health Resiliency Program

Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School / John Medina.



Multitasking is the great buzz word in business today, but as developmental molecular biologist Medina tells readers in a chapter on attention, the brain can really only focus on one thing at a time. This alone is the best argument for not talking on your cell phone while driving. Medina (*The Genetic Inferno*) presents readers with a basket containing an even dozen good principles on how the brain works and how we can use them to our benefit at home and work. The author says our visual sense trumps all other senses, so pump up those PowerPoint presentations with graphics. The author says that we don't sleep to give our brain a rest—studies show our neurons firing

furiously away while the rest of the body is catching a few z's. While our brain indeed loses cells as we age, it compensates so that we continue to be able to learn well into our golden years. Many of these findings and minutiae will be familiar to science buffs, but the author employs an appealing style, with suggestions on how to apply his principles, which should engage all readers.—Publishers Weekly

Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted / Daniel G. Amen



THE KEY TO A BETTER BODY—in shape, energized, and youthful—is a healthy brain. Based on the latest medical research, as well as on Dr. Amen's two decades of clinical practice at the renowned Amen Clinics, where Dr. Amen and his associates pioneered the use of the most advanced brain imaging technology, *Change Your Brain, Change Your Body* shows you how to take the very best care of your brain.—Amazon.com

Magnificent Mind at Any Age: Natural Ways to Unleash Your Brain's Maximum Potential / Daniel G. Amen.



It all starts with your brain: how you think, how you feel, how you interact with others, and how well you succeed in realizing your goals and dreams. When your brain works right, so do you. When it's out of balance, you feel frustrated, or worse. Yet amid all the advice that bombards us daily about how to keep the rest of our body strong and healthy, we hear very little about how to keep the most complex and magnificent organ of all—the human brain—in top working order.

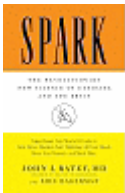
Based on the most up-to-date research, as well as on Dr. Daniel Amen's more than twenty years of treating patients at the Amen Clinics, where he and his associates pioneered the use of brain imaging in clinical practice, *Magnificent Mind at Any Age* does exactly that. Dr. Amen shows how many of the traditional approaches to overcoming the mind-centered challenges that hold us back—try harder, work longer, find the sheer willpower—either do not work or may make our problems worse. The true key to satisfaction and success at any age is a healthy brain.—Amazon.com

The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles / Karen Reivich and Andrew Shatté.



Reivich and Shatté's book is reminiscent of the bestselling *Seven Habits of Highly Effective People*, not just in the number of skills it discusses, but in the approach the authors take, too. They focus on the thinking rather than feeling side of the human psyche, but their intent is to ultimately affect readers' emotional reactions through helping them reprogram their thoughts. University of Pennsylvania professors Shatté and Reivich argue that feelings are a result of thinking; therefore, by changing the way one thinks, one can control one's emotional reactions to stressful situations. They promote an "ABC" system: "A" stands for adversity ("what pushes your buttons"), "B" is your inherent belief about life, which triggers your responding actions and feelings, or "C" ("consequences"). The A's are bound to keep hitting us, but if we analyze and revamp our B's, our C's will improve, resulting in greater peace and happiness. Although skeptics may not be convinced that changing one's thoughts can change one's life, the book could be of help to those who feel powerless over their emotions.—Publishers Weekly

Spark: The Revolutionary New Science of Exercise and the Brain / John J. Ratey, with Eric Hagerman.



In *SPARK*, John J. Ratey, M.D., embarks upon a fascinating and entertaining journey through the mind-body connection, presenting startling research to prove that exercise is truly our best defense against everything from depression to ADD to addiction to aggression to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, which has put this school district of 19,000 kids first in the world of science test scores), *SPARK* is the first book to explore comprehensively the connection between exercise and the brain. It will change forever the way you think about your morning run---or, for that matter, simply the way you think.—Amazon.com

Why Mars and Venus Collide: Improving Relationships by Understanding How Men and Women Cope Differently with Stress / John Gray.



The author of the wildly successful *Men Are from Mars, Women Are from Venus* now posits that men (Mars) and women (Venus) naturally react differently to everyday stress, which in turn causes more stress in their relationships. When Gray says naturally, he means hormones. When a man, after a stressful day, wants to veg out in front of the TV, he is not rejecting his wife. Rather, he is replenishing his depleted testosterone. And when a woman wants to talk about her day, she is not being a nag. It's just her way of replenishing her cuddle hormone, oxytocin. According to Gray, the fact that women have more body fat means they burn more energy than men, which makes their minds create endless to-do lists. Gray does not consider cultural differences figuring in the stress mix. If anything, Gray seems to come down hard—or focus more—on women, perhaps because women are his most likely audience. Thus, he discusses *Why Women Never Forget a Quarrel*; and *Making a Man Happier Is Easier than You Think* (in which he uses a devoted dog as an example). It's simplistic but easy to digest and no doubt headed for the bestseller lists.—Publishers Weekly

These resources can be found in the DLIFLC Library at:
<http://www2.youseemore.com/DLIFLC/default.asp>.

