

The Brains way of healing : remarkable discoveries and recoveries from the fronties of neuroplasticity

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Abstrak

Norman Doidge shows how the amazing process of neuroplastic healing really works. He describes natural, non-invasive avenues into the brain provided by the forms of energy around us - light, sound, vibration, movement - which pass through our senses and our bodies to awaken the brain's own healing capacities without producing unpleasant side effects.