

Soft-Wired: How the New Science of Brain Plasticity Can Change Your Life

By Dr. Michael Merzenich PhD

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What if you had the power to change your brain for the better?
In Soft-Wired, Dr. Michael Merzenich--a world authority on brain plasticity--explains how the brain rewires itself across the lifespan, and how you can take control of that process to improve your life. In addition to fascinating descriptions of how your brain has produced your unique memories, skills, quirks, and emotions, Soft-Wired offers sound advice for evaluating your brain and gives clear, specific, scientifically proven guidance for how to rejuvenate, remodel, and reshape your brain to improve it at any age.

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Editorial Review

About the Author
Dr. Michael Merzenich, PhD is a Professor Emeritus at the University of California at San Francisco, a member of both the National Academies of Science and the Institute of Medicine, and the co-founder of Scientific Learning and Posit Science. Often called "the father of brain plasticity," he is one of the scientists responsible for our current understanding of brain change across the lifespan. To learn more, visit www.soft-wired.com.

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