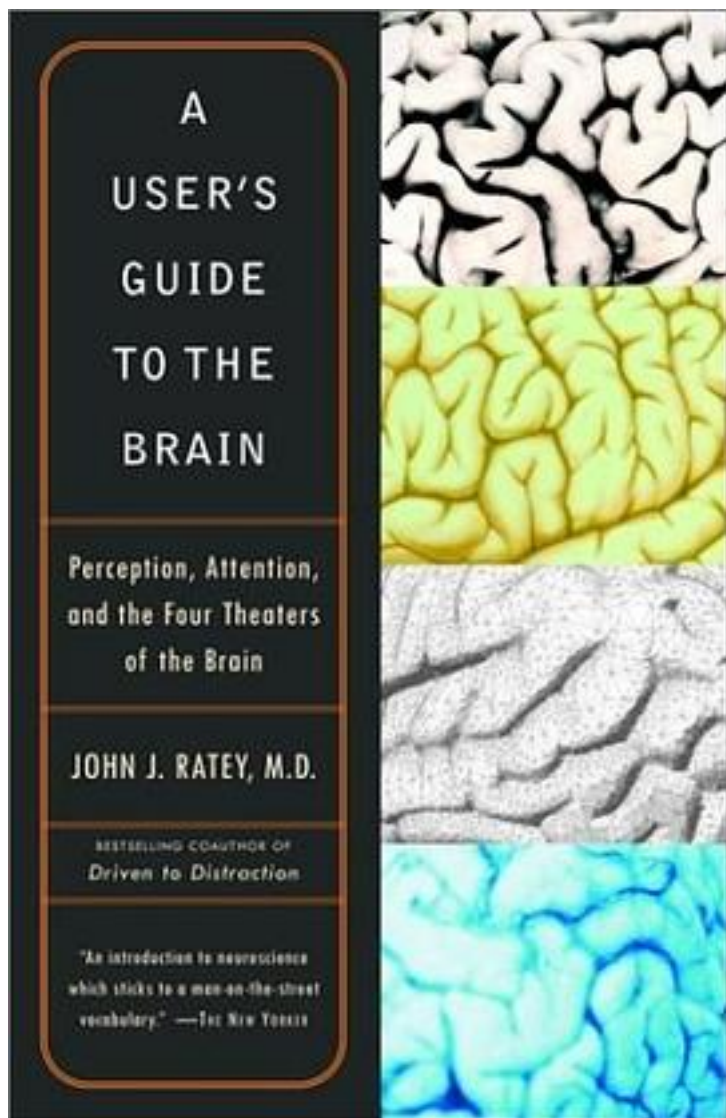


A User's Guide to the Brain



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著者:John J. Ratey

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Bringing order and relevance to the cascade of recent brain findings, Dr John Ratey explains the brain's most important systems, the role they play in determining how we interact with the world and the ways in which we can influence their operations for the better. Throughout, he illustrates his points with vivid and often surprising examples drawn from his own practice, research and everyday life. Ratey answers such questions as: What does it mean to be linguistically ambidextrous? How does a mother's cradling of her child on her left shoulder relate to the development of language skills? Why does listening to music while doing homework improve accuracy? Why do people like spicy foods? Ratey also analyses the ways in which things can go wrong, detailing causes and treatments for diseases such as autism, Parkinson's and Alzheimer's, as well as numerous neurological disorders. As Dr Ratey demonstrates throughout the book, the brain is astonishingly flexible, able to be retrained and reprogrammed. Like a muscle, it responds to use, adapting to new demands and conditions, allowing, as the title of the book suggests, the guidance of the user.

作者介绍:

约翰·J.瑞迪，哈佛医学院知名精神学教授和畅销书作家，曾出版过Drzvento Distraction, Answers to Distraction和Shadow Syndromes。目前家居马萨诸塞州波士顿城西的小镇威尔斯利。

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评论

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书评

近年来，大众媒体热衷于报道神经科学上的一些发现，但是，媒体报道的兴趣仅仅集中在神经科学发现的某一个方面，比如人的性格特征、行为特征或者精神混乱的生物学基础。这些当然是很令人激动的部分，但事实上，神经科学发现中最震撼人心的部分，恰恰被媒体忽略了。这些最令人深...

Exercise and social connections help mental performance and physical health.
Knowledge so much to absorb that I abstain. A writing style very plain that contributes to understanding but diminishes the fun of reading.

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