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Of Insight

My Stroke Of Insight

You are just one small step away from the life you know you deserve. It's time to leverage your life. Life Leverage means

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taking control of your life, easily balancing your work and free time, making the most money with the minimum time input & wastage, and living a happier and more successful life. Using Rob Moore's remarkable Life

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Leverage model, you'll quickly banish & outsource all your confusion, frustration and stress & live your ideal, globally mobile life, doing more of what you love on your own terms. Learn how to: - Live a life of clarity &

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purpose, merging your passion & profession - Make money & make a difference, banishing work unhappiness - Use the fast-start wealth strategies of the new tech-rich - Maximise the time you have; don't waste a moment by

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outsourcing everything -
Leverage all the things in your
life that don't make you feel alive
'This book shows you how to get
more done, faster and easier
than you ever thought possible.
A great book that will change

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your life'. Brian Tracy,
bestselling author of Eat That
Frog

My stroke taught me so much,
and for all that it stole, it gave me
even more. In the process of
healing, my life has changed for

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the better. Now I want to share what I have learned. In this vivid and very personal reflection upon his extraordinary life as an actor, author, and legend in his own time, Kirk Douglas offers a candid and heartfelt memoir of

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where it all went right in his life -- even after suffering a debilitating stroke. Revealing not only the incredible physical and emotional toll of his stroke but how it has changed his life for the better, Douglas shares the

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lessons that saved him and helped him to heal. Alongside his heartfelt advice and insight, he also recalls warm memories of some of the most famous figures of our time -- including Burt Lancaster, Michael J. Fox, and

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Gary Cooper -- as well as others who have soared to greatness in the face of adversity. Charming, soulful, and filled with personal photographs, My Stroke of Luck is an intimate look at the real person behind the fabulous

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talent -- and at a life lived to its very fullest.

The story of one man's evolution from naive and ambitious young intern to world-class neurosurgeon. With poignant insight and humor, Frank

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Vertosick Jr., MD, describes some of the greatest challenges of his career, including a six-week-old infant with a tumor in her brain, a young man struck down in his prime by paraplegia, and a minister with a .22-caliber

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bullet lodged in his skull. Told through intimate portraits of Vertosick's patients and unsparing yet fascinatingly detailed descriptions of surgical procedures, *When the Air Hits Your Brain*—the culmination of

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decades spent struggling to learn an unforgiving craft—illuminates both the mysteries of the mind and the realities of the operating room. ABOUT THE BOOK Curled up into a little fetal ball, I felt my

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spirit surrender to death and it certainly never dawned on me that I would ever be capable of sharing my story with anyone. In 2006, ten years after she recovered from a debilitating stroke, neuroanatomist Jill Bolte

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Taylor self-published her book, My Stroke of Insight. The book is, as Taylor describes in her introduction, "a chronological documentation of the journey I took into the formless abyss of a silent mind, where the essence

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of my being became enfolded in a deep inner peace." Taylor's aim was to share the unusual story of a brain scientist experiencing her own cerebral hemorrhage, the resulting journey to an inner state of bliss,

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and subsequent recovery. The book's online success was fueled by a riveting video, then followed by an appearance on Oprah. Eventually, the book was sold to Viking Press and published in hardcover,

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subsequently becoming a number one bestseller.

EXCERPT FROM THE BOOK She then tried to blurt out the words, "This is Jill, I need help!"

Apparently Vincent could only discern grunts on the other end

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of the line, but he recognized Taylor's voice and understood she was in trouble. Employing similar painstaking methodology, Taylor was also able to reach her doctor. While she awaited help, Taylor alternately spent time

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engulfed in bliss, and then periods feeling despondent with the awareness of her mental degeneration. As a scientist, she was aware of the implications of her stroke and already grieving the possible loss of her life

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and/or potential for severe brain damage. When her colleague finally arrived and while she was being transported to McClean hospital, Taylor felt herself let go: "My body fell limp and my consciousness rose to a slower

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vibration...in the absence of sight, sound, touch, smell, taste, fear, I felt my spirit surrender its attachment to this body and I was released from pain."

Chapters 7, 8, 9: Bare to the Bone, Neurological Intensive

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Care, Day Two: The Morning
After With my mind stripped of
its ability to recall the memories
and details of my previous life, it
was clear to me that I was now
like an infant--born into an adult
woman's body. And oh yes, the

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brain wasn't working! After being rushed Massachusetts General Hospital, Taylor felt swarmed by medical personnel who poked and prodded her, disrupting her peace. She wanted to be left alone.

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Eventually she passed out completely. When she awoke she was surprised that she was still alive. Her head throbbed and she realized she had lost all knowledge of who she was, all information held by her left brain,

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and was now rendered essentially an infant. Despite the discomfort and pain she felt the first day, the stroke was also a dawning of a new kind of recognition. She knew somehow she had lost herself, that the

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persona of Dr. Jill Taylor constructed and defined by her left brain had died. But concurrently, she realized she was now free from the trap of identity... Buy the book to continue reading!

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A Novel

Broken Crayons Still Color

So, You've Had a Stroke

Make Peace with Your Mind

The Anatomy of Choice and the

Four Characters That Drive Our

Life

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Messages of Hope and Healing
from a Thriving Stroke Survivor
Ten Stupid Things Men Do to
Mess Up Their Lives

*My Stroke of Insight: A Brain
Scientist's Personal Journey
(2008) is neuroanatomist Jill*

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Bolte Taylor's reckoning with the stroke she had in 1996, when she was 37 years old. Describing her experience in terms of her brain anatomy and how her symptoms progressed, Taylor combines

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*her perspectives as a
scientist and a
patient. Purchase this in-
depth analysis to learn more.
Dr. Mike Dow is a best-
selling author,
psychotherapist, and*

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relationship expert. So why is he writing a book about stroke? Well, what you probably don't know about Dr. Mike is that his younger brother, David, is a stroke survivor. What's more,

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David's stroke happened when he only 10 years old. This means most of Dr. Mike's teenage years were spent witnessing what his family was dealing with trying to find the best

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treatments for David. He struggled to know what to do to help his brother. He watched helplessly as his brother wrestled with depression, trying to find the motivation to recover on top

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*of the challenges of
adolescence. He mourned
the loss of what could have
been —and he was angry.
How his family would have
loved to sit down with top
experts in stroke to find out*

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*what they should be doing
and have their questions
answered. Now Dr. Mike has
the ability to do just that,
and he's doing it so that
others in his family's position
don't have the same*

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struggle. Armed with questions from stroke survivors and their loved ones, Dr. Mike talks with the best clinicians across the country to get over 100 answers you need to know to

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*maximize your recovery.
Stroke Rehabilitation:
Insights from Neuroscience
and Imaging informs and
challenges neurologists,
rehabilitation therapists,
imagers, and stroke*

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specialists to adopt more restorative and scientific approaches to stroke rehabilitation based on new evidence from neuroscience and neuroimaging literatures. The fields of

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cognitive neuroscience and neuroimaging are advancing rapidly and providing new insights into human behavior and learning. Similarly, improved knowledge of how the brain processes

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information after injury and recovers over time is providing new perspectives on what can be achieved through rehabilitation. Stroke Rehabilitation explores the potential to

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shape and maximize neural plastic changes in the brain after stroke from a multimodal perspective. Active skill based learning is identified as a central element of a restorative

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*approach to rehabilitation.
The evidence behind core
learning principles as well as
specific learning strategies
that have been applied to
retrain lost functions of
movement, sensation,*

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cognition and language are also discussed. Current interventions are evaluated relative to this knowledge base and examples are given of how active learning principles have been

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*successfully applied in
specific interventions. The
benefits and evidence
behind enriched
environments is reviewed
with examples of potential
application in stroke*

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rehabilitation. The capacity of adjunctive therapies, such as transcranial magnetic stimulation, to modulate receptivity of the damaged brain to benefit from behavioral interventions is

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also discussed in the context of this multimodal approach. Focusing on new insights from neuroscience and imaging, the book explores the potential to tailor interventions to the

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*individual based on viable
brain networks. This book is
intended for clinicians,
rehabilitation specialists and
neurologists who are
interested in using these
new discoveries to achieve*

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*more optimal outcomes.
Equally as important, it is
intended for neuroscientists,
clinical researchers, and
imaging specialists to help
frame important clinical
questions and to better*

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understand the context in which their discoveries may be used.

On December 10, 1996, Taylor, a brain scientist, experienced a massive stroke. She observed her

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own mind deteriorate. Now she shares her unique perspective on the brain and its capacity for recovery.

Whole Brain Living

My Stroke of Insight by Jill Bolte Taylor (Summary)

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*The Tyranny of Metrics
Final Report of the National
Commission on Terrorist
Attacks Upon the United
States
Relentless
The Hunting Wives*

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I'll Be OK, It's Just a Hole in My Head

How the obsession with quantifying human performance threatens business, medicine, education, government—and the quality of our lives Today, organizations of all kinds

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are ruled by the belief that the path to success is quantifying human performance, publicizing the results, and dividing up the rewards based on the numbers. But in our zeal to instill the evaluation process with scientific rigor, we've gone from measuring

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performance to fixating on measuring itself—and this tyranny of metrics now threatens the quality of our organizations and lives. In this brief, accessible, and powerful book, Jerry Muller uncovers the damage metrics are causing and shows how we can

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begin to fix the problem. Filled with examples from business, medicine, education, government, and other fields, the book explains why paying for measured performance doesn't work, why surgical scorecards may increase deaths, and much more. But Muller

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also shows that, when used as a complement to judgment based on personal experience, metrics can be beneficial, and he includes an invaluable checklist of when and how to use them. The result is an essential corrective to a harmful trend that

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increasingly affects us all.

This is a Summary and Analysis of My Stroke of Insight: A Brain Scientist's Personal Journey by Jill Bolte Taylor and not the original book. Contained in this book is a detailed summary and analysis of the ideas and thoughts of the

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author in simple and and easy-to-understand form. NOTE: This is book is an unofficial Summary and Analysis of My Stroke of Insight: A Brain Scientist's Personal Journey by Jill Bolte Taylor and acts as a study guide and its not the original book by the

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author(Jill Bolte Taylor) How can I get this book? You can get this book by scrolling up and clicking on the "Buy now with 1-click" button at the top of the page.

When an occupational therapist suffers a massive stroke while attending a

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wedding in her native England, she can ' t believe it. Janet R. Douglas emerges from a coma weeks later at a Chicago hospital where she once worked. Her left side is totally paralyzed, her eyesight impaired, her memory and identity lost. Trapped in

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the present, she finds herself talking in German even though she has seldom spoken the language since high school. With no understanding of the severity of her problems, she resists therapy, thinking she doesn ' t need it. Despite all odds, she returns to her high-

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powered job only to find herself cast adrift by a corporate reorganization. With time on her hands, she carries out her own research to find out how damage to one specific part of the brain affects behavior. From the perspective of both therapist and patient, Douglas

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explains the impact of stroke, how it makes the simplest tasks difficult, and how the visible disabilities it causes are just the tip of the iceberg. Join Douglas on a decade-long quest to recapture her identity so she can once again enjoy family, work, and travel in A

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Wonderful Stroke of Luck.

Do you want more free book summaries like this? Download our app for free at

<https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. A Brain

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Scientist ' s Personal Journey. If you ' ve ever experienced a sudden revelation or an epiphany, then you might understand the power a sudden realization can have on your outlook on life. This is exactly what happened to Jill Bolte Taylor on December 10,

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1996, at just 37-years-old. Bolte Taylor, a Harvard-trained brain scientist, experienced a massive stroke in the left hemisphere of her brain. As a result of the stroke, Bolte Taylor ' s mind deteriorated and she quickly lost her ability to walk, talk, read, write, or

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even recall any of her life. In a matter of four hours, Bolte Taylor ' s life was changed forever. Soon, however, Bolte Taylor was alternating between the right brain and left brain, allowing herself to uncover feelings of euphoria and well-being that the average person

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doesn't often have the power to access. The stroke allowed Bolte Taylor to experience the different traits of the two halves of the brain, and she believes with the proper training, inner peace can be accessible to anyone. As you read, you'll learn the ins and outs

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of what occurs during a stroke, the incredible differences between the right and left brain hemispheres, and how Bolte Taylor was able to make a full recovery after suffering a rare stroke.

My Stroke of Luck
Never Give Up

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How Mindfulness and Compassion
Can Free You from Your Inner Critic
A Brain Scientist's Personal Journey
The Sex Lives of Cannibals
How to Get More Done in Less Time,
Outsource Everything & Create Your
Ideal Mobile Lifestyle

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Sacred Resistance

The New York Times best-selling author of My Stroke of Insight blends neuroanatomy with psychology to show how we can short-circuit emotional reactivity and find our way to peace. For half a century we have

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been trained to believe that our right brain hemisphere is our emotional brain, while our left brain houses our rational thinking. Now neuroscience shows that it's not that simple: in fact, our emotional limbic tissue is evenly divided between our two hemispheres.

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Consequently, each hemisphere has both an emotional brain and a thinking brain. In this groundbreaking new book, Dr. Jill Bolte Taylor—author of the New York Times bestseller My Stroke of Insight—presents these four distinct

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modules of cells as four characters that make up who we are: Character 1, Left Thinking; Character 2, Left Emotion; Character 3, Right Emotion; and Character 4, Right Thinking. Everything we think, feel, or do is dependent upon brain cells to

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perform that function. Since each of the Four Characters stems from specific groups of cells that feel unique inside of our body, they each display particular skills, feel specific emotions, or think distinctive thoughts. In Whole Brain Living,

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available in paperback for the first time, Dr. Taylor blends neuroanatomy with psychology to help us: Get acquainted with our own Four Characters, observe how they show up in our daily life, and learn to identify and relate to them in others as well

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Apply the wisdom of the Four Characters to every area of life—from work to relationships to health Use a powerful practice called the Brain Huddle—a tool for bringing our Four Characters into conversation with one another—to short-circuit emotional

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*reactivity, tap our characters'
respective strengths, and choose
which one to embody in any situation
The more we become familiar with
each of the characters in ourselves
and others, the more power we gain
over our thoughts, our feelings, our*

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relationships, and our lives. Indeed, we discover that we have the power to choose who and how we want to be in every moment. And when our Four Characters work together and balance one another as a whole brain, we gain a radical new road map to deep inner

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peace.

*True story of Hayes sudden brain
hemorrhage at twenty-two - and the
heartache and strength that it took to
overcome it.*

*My Stroke of Insight A Brain
Scientist's Personal Journey Penguin*

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Retired fire chief Schuyler Wallace describes and comments on the people and places he sees, sometimes critically, sometimes comically, while traveling by railroad with his wife, Carol, through the United States and Canada.

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A Stroke of Genius

*The neuroscience of health, hormones
and happiness*

*A Memoir on Heartbreak and Head
Trauma*

Life Leverage

Stroke For Dummies

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The 9/11 Commission Report Adrift in the Equatorial Pacific

Head Cases takes us into the dark side of the brain in an astonishing sequence of stories, at once true and strange, from the world of brain damage. Michael Paul Mason is one of an elite group of experts who coordinate care in the complicated

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aftermath of tragic injuries that can last a lifetime. On the road with Mason, we encounter survivors of brain injuries as they struggle to map and make sense of the new worlds they inhabit. Underlying each of these survivors' stories is an exploration of the brain and its mysteries. When injured, the brain must figure out

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how to heal itself, reorganizing its physiology in order to do the job. Mason gives us a series of vivid glimpses into brain science, the last frontier of medicine, and we come away in awe of the miracles of the brain's workings and astonished at the fragility of the brain and the sense of self, life, and order that

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resides there. Head Cases "[achieves] through sympathy and curiosity insight like that which pulses through genuine literature" (The New York Sun); it is at once illuminating and deeply affecting. "Transformative...[Taylor's] experience...will shatter [your] own perception of the world."—ABC News The

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astonishing New York Times bestseller that chronicles how a brain scientist's own stroke led to enlightenment On December 10, 1996, Jill Bolte Taylor, a thirty-seven- year-old Harvard-trained brain scientist experienced a massive stroke in the left hemisphere of her brain. As she observed her mind deteriorate to

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the point that she could not walk, talk, read, write, or recall any of her life-all within four hours-Taylor alternated between the euphoria of the intuitive and kinesthetic right brain, in which she felt a sense of complete well-being and peace, and the logical, sequential left brain, which recognized she was having a stroke

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and enabled her to seek help before she was completely lost. It would take her eight years to fully recover. For Taylor, her stroke was a blessing and a revelation. It taught her that by "stepping to the right" of our left brains, we can uncover feelings of well-being that are often sidelined by "brain chatter."

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Reaching wide audiences through her talk at the Technology, Entertainment, Design (TED) conference and her appearance on Oprah's online Soul Series, Taylor provides a valuable recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone.

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Emma and Sophia discover the answer to this question in this fun and impactful children's book. This is a book adults will love reading over and over again as the message brings hope to those of any age. It's a perfect way to end the day and a gift appropriate for any occasion. The book includes discussion questions and a

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memory verse at the end.

This widely praised book chronicles Peter Laufer's adventures within the butterfly industry and the butterfly underground. Laufer begins by examining the allure of butterflies throughout history, but his research soon veers into the high-stake realms of organized crime, ecological

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devastation, museum collections, and chaos theory. His ever-expanding journey of discovery throughout the Americas and beyond offers a rare look into a theater of intrigue, peopled with quirky and nefarious characters—all in pursuit of these delicate, beautiful creatures. Read this book, and your

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garden—and the world—will never quite look the same.

Summary and Analysis of My Stroke of Insight: a Brain Scientist's Personal Journey by Jill Bolte Taylor

Stories of Brain Injury and Its Aftermath
Analysis of Jill Bolte Taylor's My Stroke of Insight by Milkyway

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Healing the Broken Brain
Chapter-by-Chapter Summary and
Analysis

When the Air Hits Your Brain: Tales
from Neurosurgery
During her career as a

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clinician and
researcher, Christine H.
Davis has worked with
and written about the
phenomenon of aphasia.
Aphasia leads to word-
and sentence-formation

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difficulties and is associated with damage to the left hemisphere of the brain often from strokes or tumors. Davis was urged by stroke survivor, Michael W.

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Maher, to write these stories as a valuable contribution to the aphasia literature as experienced by her patients. These stories are from the survivor's

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perspective as they struggle to express themselves. Their battle to join their families and communities says much about what is crucial about language

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and the meaning of being human. The book is divided into sections by aphasia type: anomia, Broca's, Wernicke's and mixed aphasias. Within each section survivors

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and their families
explain their recovery
from the onset of the
stroke through discharge
home and into a
meaningful life forward.
Through the testimony of

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thirteen stroke
survivors and seventeen
of their family members,
you gain an
understanding of aphasia
and the remarkable
resilience of these

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survivors and their families.

"Tedy gives you something to believe in. Whether we're winning or losing, he holds his head high, and he knows

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himself and handles
himself so well, others
can't help but follow
him. The way he
practices and plays
forces you to become a
better teammate; the way

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he demands hustle and toughness forces you to become a better leader; and the way he carries himself inspires you to become a better person. This made his return to

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playing on October 30
against Buffalo all the
more electrifying. The
stadium was louder that
night than the nights we
had raised our Super
Bowl banners. Our

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captain, our leader, our inspiration was back on the field doing what he loved to do. Tedy had spent months rehabbing, had countless doctor visits, and had

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undergone hundreds of tests trying to play again. Just eight months after our victory in Super Bowl XXXIX, here we were celebrating a much bigger victory on

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our home field. Sure it was great to win the game, but that night we were celebrating Tedy's return as he showed us teammates, fans, family, and friends what it

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takes to become
victorious in life. "You
might be coming to this
book as a fan of Tedy's
football skills and,
don't get me wrong,
gaining the insights of

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one of the best
defenders in Patriots
history is worth the
price of admission, but
that's just part of the
story. There are a lot
of reasons to look up to

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him, and I promise you
will finish this book
with an admiration for
him on a much deeper
level." --Tom Brady
(from the Foreword)

The author discusses his

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two-year stay on a remote South Pacific island, a place where he anticipated a romantic paradise but instead experienced humorous misadventures and a host

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of environmental
challenges.

In the midst of
polarized communities
and nations, religious
leaders across the
theological spectrum are

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seeking help with how to respond and lead in troubled times. The need for courage to speak out and act is ever-present, because every generation faces a new set of fears

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and troubles. Author
Ginger Gaines-Cirelli
pastors a church in the
heart of Washington DC,
adjacent to the White
House, which actively
works to bring justice

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and help for
marginalized
communities, refugees
and immigrants, and the
endangered earth. She
inspires and leads this
work through preaching

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and by organizing and developing strong leaders, deeply rooted in a well-developed theological understanding. Pastoral warmth and compassion

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characterize the
recommended practices.
Sacred Resistance
addresses these
questions, among others:

- When Christians see
that something is wrong

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in our nation or
community, how and when
should we respond? •
When we see multiple
instances of 'wrong',
how do we choose which
ones to address? • How

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can pastors and other
leaders faithfully take
risks without violating
relationships with the
congregation or
denomination? • What
historical, biblical,

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and theological safety
nets can be relied on? •
How can we take care of
ourselves and one
another, so that our
ministries and lives are
sustained?

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Strokeland

New and Revised Edition

Head Cases

The Startling Subculture
of Criminals,

Collectors, and

Conservationists

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A Wonderful Stroke of
Luck

My Husband's Midlife
Brainstorm and Its
Ambivalent Aftermath
Stroke Rehabilitation
A Most Anticipated Novel

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*by The Skimm *
Cosmopolitan * SheReads *
Frolic * PopSugar *
BuzzFeed * Goodreads * E!
Online * Betches * Crime
Reads * Pure Wow * Book
Riot * Bustle * and more!*

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*A Book of the Month Club
Selection "Gossipy,
scandalous housewives
behaving badly might make
this the juiciest read of
the season."--Library
Journal (starred review)*

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*"Sultry, salacious and
utterly
unpredictable....You'll
devour it."--Riley Sager,
New York Times bestselling
author of Home Before Dark
The Hunting Wives share*

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*more than target practice,
martinis, and bad behavior
in this novel of
obsession, seduction, and
murder. Sophie O'Neill
left behind an envy-
inspiring career and the*

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*stressful, competitive
life of big-city Chicago
to settle down with her
husband and young son in a
small Texas town. It seems
like the perfect life with
a beautiful home in an*

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idyllic rural community. But Sophie soon realizes that life is now too quiet, and she's feeling bored and restless. Then she meets Margot Banks, an alluring socialite who is

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*part of an elite clique
secretly known as the
Hunting Wives. Sophie
finds herself completely
drawn to Margot and swept
into her mysterious world
of late-night target*

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practice and dangerous partying. As Sophie's curiosity gives way to full-blown obsession, she slips farther away from the safety of her family and deeper into this nest

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of vipers. When the body of a teenage girl is discovered in the woods where the Hunting Wives meet, Sophie finds herself in the middle of a murder investigation and her life

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*spiraling out of control.
Features tons of advice
for recovery and
rehabilitation Get the
latest on the symptoms,
diagnosis, and treatment
of stroke Have questions*

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and concerns about strokes? This reassuring guide provides invaluable information for stroke victims and their loved ones, from what a stroke is and what it feels like

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to proven treatments and therapies. You'll see how to implement a plan for preventing stroke, treat the lingering effects of stroke, and maximize home caregiver effectiveness

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while minimizing fatigue.

Discover how to:

*Understand what causes
different types of stroke*

Recognize warning signs

*Get the most out of
doctors and hospitals*

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*Speed recovery with the
best treatments Help
prevent future strokes
Decide the best living
arrangements after stroke
Provides the final report
of the 9/11 Commission*

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*detailing their findings
on the September 11
terrorist attacks.*

*Jill Taylor was a 37-year-
old Harvard-trained brain
scientist when a blood
vessel exploded in her*

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*brain. Through the eyes of
a curious scientist, she
watched her mind
deteriorate whereby she
could not walk, talk,
read, write, or recall any
of her life. Because of*

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her understanding of the brain, her respect for the cells in her body, and an amazing mother, Jill completely recovered. In My Stroke of Insight, she shares her recommendations

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for recovery and the insight she gained into the unique functions of the two halves of her brain. When she lost the skills of her left brain, her consciousness shifted

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*away from normal reality
where she felt at one with
the universe. Taylor helps
others not only rebuild
their brains from trauma,
but helps those of us with
normal brains better*

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*understand how we can
consciously influence the
neural circuitry
underlying what we think,
how we feel and how we
react to life's
circumstances.*

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*My Recovery from Stroke
My Stroke, My Recovery,
and My Return to the NFL
Summary of Jill Bolte
Taylor's My Stroke of
Insight by Milkyway Media
The Curious and Courageous*

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*Life Inside Walter Reed
Army Medical Center
Dangerous World of
Butterflies
The 7-Step System to
Awaken Your Spirit, Heal
Your Body, and Live Your*

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Best Life

*How a Massive Stroke
Changed My Life for the
Better*

*M*A*S*H meets Scrubs in a sharply
observant, darkly funny, and totally
unique debut memoir from physical*

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therapist Adele Levine. In her six years at Walter Reed Army Medical Center, Adele Levine rehabilitated soldiers admitted in worse and worse shape. As body armor and advanced trauma care helped save the lives—if not the limbs—of American soldiers fighting in Afghanistan and Iraq, Walter Reed

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quickly became the world leader in amputee rehabilitation. But no matter the injury, physical therapy began the moment the soldiers emerged from surgery. Days at Walter Reed were intense, chaotic, consuming, and heartbreaking, but they were also filled with camaraderie and humor. Working

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in a glassed-in fishbowl gymnasium, Levine, her colleagues, and their combat-injured patients were on display at every moment to tour groups, politicians, and celebrities. Some would shudder openly at the sight—but inside the glass and out of earshot, the PTs and the patients

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cracked jokes, played pranks, and compared stumps. With dazzling storytelling, Run, Don't Walk introduces a motley array of oddball characters including: Jim, a retired lieutenant-colonel who stays up late at night baking cake after cake, and the militant dietitian who is always after

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him; a surgeon who only speaks in farm analogies; a therapy dog gone rogue; —and Levine's toughest patient, the wild, defiant Cosmo, who comes in with one leg amputated and his other leg shattered. Entertaining, engrossing, and ultimately inspiring, Run, Don't Walk is a fascinating look

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into a hidden world.

For women, understanding how the brain works during the key stages of life - in utero, childhood, puberty and adolescence, pregnancy and motherhood, menopause and old age - is essential to their health. Dr Sarah McKay is a neuroscientist who knows

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everything worth knowing about women's brains, and shares it in this fascinating, essential book. This is not a book about the differences between male and female brains, nor a book using neuroscience to explain gender-specific behaviours, the 'battle of the sexes' or 'Mars-Venus' stereotypes.

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This is a book about what happens inside the brains and bodies of women as they move through the phases of life, and the unique - and often misunderstood - effects of female biology and hormones. Dr McKay give insights into brain development during infancy, childhood and the teenage

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years (including the onset of puberty) and also takes a look at mental health as well as the ageing brain. The book weaves together findings from the research lab, case studies and interviews with neuroscientists and other researchers working in the disciplines of neuroendocrinology,

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*brain development, brain health and ageing. This comprehensive guide explores the brain during significant life stages, including: In utero
Childhood Puberty The Menstrual Cycle The Teenage Brain Depression and Anxiety Pregnancy and Motherhood Menopause The Ageing*

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Brain

*An Incredible Journey of
Determination and Recovery In 2005,
Ted W. Baxter was at the top of his
game. He was a successful, globe-
trotting businessman with a resume
that would impress the best of the
best. In peak physical condition, Ted*

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worked out nearly every day of the week. And then, on April 21, 2005, all that came to an end. He had a massive ischemic stroke. Doctors feared he wouldn't make it, or if he did make it, he would be in a vegetative state in a hospital bed for the rest of his life. But miraculously, that's not

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what happened . . . In Relentless, Ted W. Baxter describes his remarkable recovery. Not only did he live, but he's walking and talking again. He moves through life almost as easily as he did before the stroke; only now, his life is better. He's learned that having a successful career is maybe not the

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most important thing. He's learned to appreciate life more. He's learned that he wants to help people—and that's what he does. He gives back, volunteering his time and effort to help other stroke victims. ?Relentless is a wonderful resource for stroke survivors, caregivers, and their loved

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ones, but it is also an inspiring and motivating read for anyone who is facing struggles in their own life.

A Good Housekeeping Best Book of the Year "Every sentence shines with wit, originality, and sharp observations." --The Boston Globe A razor-sharp, deeply felt novel about

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the complicated relationship between a charismatic teacher and his students, and the secrets we keep from those we love At a boarding school in New Hampshire, Ben joins the honor society led by Pierre LaVerdere, an enigmatic, brilliant, yet perverse, teacher who instructs his

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students not only about how to reason, but how to prevaricate. As the years go by, LaVerdere's covert and overt instruction lingers in his students' lives as they seek some sense of purpose or meaning. When Ben feels the pace of his life accelerating and views his intimate relationships as less and less

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fulfilling, there seems to be a subtext he's not able to access. And what, really, did Bailey Academy teach him? While relationships with his stepmother and sister improve, and a move to upstate New York offers respite from his anxiety about love and work, LaVerdere's reappearance in his

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life disturbs his equilibrium. Everything he once thought he knew about his teacher--and himself--is called into question. Written by one of our most iconic writers, known for casting a cold eye on her generation's ambivalence and sometimes mistaken ambition, A Wonderful Stroke of Luck is a keenly

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observed psychological study of a man who alternates between careful driving and hazardous risk taking, as he struggles to incorporate his past into the vertiginous present.

A STROKE OF GENIUS

Run, Don't Walk

The Women's Brain Book

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Now What? a Book of Hope

The Energy Codes

My Stroke of Insight

Tin Lizard Tales

***A memoir about how a husband
and father's stroke affected
him and his family.***

The straight-talking radio

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host, author of 10 Stupid Things Women Do to Mess Up Their Lives, shows men how to think through their decisions, restrain their macho impulses, and marry for the right reasons. Reprint.

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On the morning of December 10, 1996, Taylor, a brain scientist, experienced a massive stroke. She observed her own mind completely deteriorate. Now she shares her unique perspective on the brain and its capacity

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for recovery.

This book's first edition was written after my six year odyssey following my stroke. The doctors said if I did not die I would be completely incapacitated physically, mentally and

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emotionally. They said I had lost 45% of my brain and was declared 100% disabled for life. Somehow I found a way to healing and thriving as a human being. This extended second edition has added information on my eleven

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*additional years of
successful therapies which
have helped me fulfill my
life beyond my dreams. This
edition includes my
mentoring with other stroke
survivors who have contacted
me after they read the first*

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edition.

*Insights from Neuroscience
and Imaging*

*From Occupational Therapist
to Patient and Beyond*

*A Practical Guide to
Christian Witness and
Dissent*

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*Reflections from a Train
Quicklet on Jill Bolte
Taylor's My Stroke of
Insight (CliffsNotes-like
Summary and Analysis)
Speechless*

*At the age of 43, Jennifer
Gordon suffered a*

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debilitating stroke that robbed her of the power of speech. What was it like for an intelligent, articulate, imaginative woman to find herself in a world where she could no longer communicate? Speechless tells this story.

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*It describes the often
puzzling symptoms leading to
the stroke; the shock, then
denial, then acceptance of
the stroke itself; the
periods of hospitalisation
and rehabilitation and the
long journey back to a*

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'normal' life. The author experiences despair at being dependent on others; resentment at being judged because she is different; frustration at the need for intense concentration to do even simple things; grief as

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she becomes aware of a loss of personality; and joy at each small step towards regaining what she has lost. Speechless is written with dignity, honesty and humour in a way that evokes empathy but never pity. Anyone who

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*has ever been a patient will
feel they can relate in some
small way to Jennifer
Gordon's feelings of
helplessness, anger, fear
and gratitude as doctors,
nurses, orderlies,
therapists and hospital*

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workers cross her path.

Because of this, the book is enlightening reading for all health care professionals as well as relatives and friends and the patients themselves.

“For those ready and willing

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*to build a new life, here
are the tools. Powerful,
incisive, extraordinary
writing.” –Neale Donald
Walsch, New York Times
bestselling author of
Conversations with God
Transform your life with*

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*this bestselling,
revolutionary, and
accessible seven-step
guide—grounded in energy
medicine, neurobiology, and
quantum physics—to awaken
your true health and
potential through energy*

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*healing. Eighteen years ago,
health pioneer and
“extraordinary enlightened
visionary” (Anita Moorjani,
New York Times bestselling
author) Dr. Sue Morter had a
remarkable and profound
awakening. While meditating,*

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she spontaneously accessed an energy field—a level of consciousness—beyond anything she had ever imagined. This dramatic experience changed her life and set her on a mission to discover how to create such

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radical transformation for her patients. Through years of advanced study and research in energy healing and medicine, she developed the Energy Codes. This life-altering program has now enabled thousands of people

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*around the world to overcome
pain, disease, fatigue,
anxiety, and depression, and
to awaken their innate
creativity, intuition, and
inner power. Bridging
ancient healing practices
with cutting-edge science,*

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The Energy Codes offers a detailed road map to help you experience deep healing in your life. Grounded in practical, accessible exercises, including yoga, breathwork, meditations, and Dr. Morte's proprietary Bio-

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*Energetic Synchronization
Technique (BEST) protocol,
The Energy Codes “offers
deep insights...that
brilliantly merge the ever-
blending worlds of science
and spirituality to help
reveal the truth of our*

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being and the depths of our greatness," (Jack Canfield, coauthor of the Chicken Soup for the Soul series).

My Stroke of Insight: A Brain Scientist's Personal Journey (2008) is neuroanatomist Jill Bolte

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Taylor's reckoning with the stroke she had in 1996, when she was 37 years old.

Describing her experience in terms of her brain anatomy and how her symptoms progressed, Taylor combines her perspectives as a

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*scientist and a patient...
Purchase this in-depth
summary to learn more.
The inner critic is the
voice inside our heads
reminding us that we are
never "good enough." It's
behind the insidious*

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*thoughts that can make us
second-guess our every
action and doubt our own
value. The inner critic
might feel overpowering, but
it can be managed
effectively. Meditation
teacher and therapist Mark*

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Coleman helps readers understand and free themselves from the inner critic using the tools of mindfulness and compassion. Each chapter offers constructive insights into what creates, drives, and

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*disarms the critic; real
people's journeys to inspire
and guide readers; and
simple practices anyone can
use to live a free, happy,
and flourishing life.*