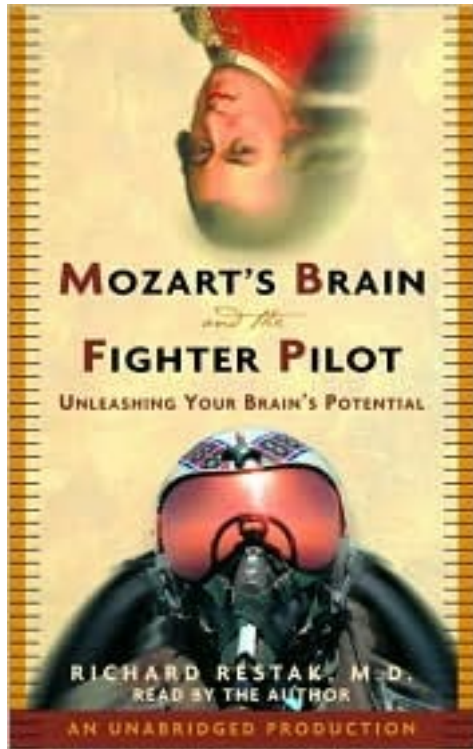

Richard Restak

Mozart's Brain and the Fighter Pilot



Title: Mozart's Brain and the Fighter Pilot

Author: Richard Restak

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Description

In **Mozart's Brain and the Fighter Pilot**, eminent neuropsychiatrist and bestselling author Richard Restak, M.D., combines the latest research in neurology and psychology to show us how to get our brain up to speed for managing every aspect of our busy lives.

Everything we think and everything we choose to do alters our brain and fundamentally changes who we are, a process that continues until the end of our lives. Few people think of the brain as being susceptible to change in its actual structure, but in fact we can preselect the kind of brain we will have by continually exposing ourselves to rich and varied life experiences. Unlike other organs that eventually wear out with repeated and sustained use, the brain actually improves the more we challenge it.

Most of us incorporate some kind of physical exercise into our daily lives. We do this to improve our bodies and health and generally make us feel better. Why not do the same for the brain? The more we exercise it, the better it performs and the better we feel. Think of Restak as a personal trainer for your brain—he will help you assess your mental strengths and weaknesses, and his entertaining book will set you to thinking about the world and the people around you in a new light, providing you with improved and varied skills and capabilities. From interacting with colleagues to recognizing your own psychological makeup, from understanding the way you see something to why you're looking at it in the first place, from explaining the cause of panic attacks to warding off performance anxiety, this book will tell you the whys and hows of the brain's workings.

Packed with practical advice and fascinating examples drawn from history, literature, and science, **Mozart's Brain and the Fighter Pilot** provides twenty-eight informative and realistic steps that we can all take to improve our brainpower.

From the Hardcover edition.

Insightful reviews

Qi: In the genre of popularization of science for practical use, this book is not bad one. Its tone is largely factual and helpful, without too much hyperbole and boosterism. This is not in the same level of writing as Oliver Sacks, yet it has carefully avoided the typical self-help TED-talk jolly cheekiness. It contains various instructive suggestions for improving one's cognitive function. I particularly like the "mental hygiene" quote of William James as well as advocates for reading seriously and attentively.

Even though this book does not quite fit with my reading preference, I would recommend it someone who is interested in the basic science of brain function with a view for self-improvement.

Ryan: Ok if you want to practice brain training.

Richard Montgomery: Everyone should read this book. Thinking is important and remembering is worthwhile. I listened to the audio version and read the book. The memory exercises are mostly enjoyable and always helpful. Avoiding mental brain loss should be a high priority for every thinking person.

Katie: stable info a good way to find out about the brain. It has a few significant workouts to assist enhance your mind as well. I simply wrote my examine paper at the mind and this ebook helped me a lot.

Linda: plenty of solid and simply obtainable details not just if you are inquisitive about schooling but when you need to increase your individual life. The line: "...it's beneficial in your mind to consolidate the reminiscence for what you might have learned. This takes a number of hours and can't be hurried" does make the case for restructuring our conventional educational schedules, which I absolutely support. Has somebody learn Hermann Hesse's Magister Ludi: The Glass Bead Game, that is often referred to?

Jennifer: realized much approximately how the mind works and the way to maintain the brain active--of specific curiosity to me, as i locate myself being affected by "momnesia." So, i have been doing loads of note games/puzzles lately! i discovered the reminiscence workouts interesting, notwithstanding I hardly had the time, as i used to be interpreting the book, to really do them. Hopefully, i will take into accout them so i will test them later. :)

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