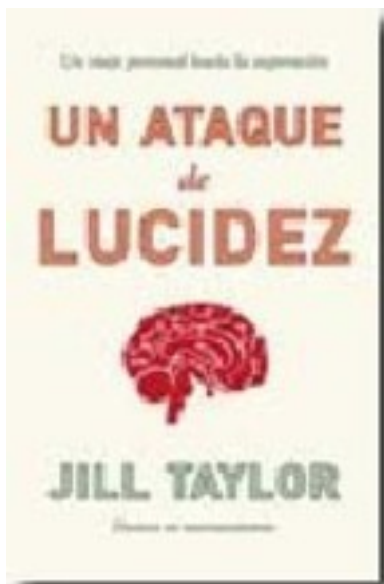

Jill Bolte Taylor

Un ataque de lucidezUn viaje personal a la superacion



Title: Un ataque de lucidezUn viaje personal a la superacion

Author: Jill Bolte Taylor

Format: Hardcover

Language: Spanish

Pages: 270

Publisher: , 0

ISBN: 8483068117

Format: PDF / Kindle / ePub

Size: 6.3 MB

Download: allowed

Description

Una inspiradora exploración de la conciencia humana y sus posibilidades. Una mañana, la neuroanatomista Jill Taylor descubrió que estaba teniendo un derrame cerebral masivo. Amante del funcionamiento del cerebro, Jill presenció fascinada cómo sus capacidades mentales la iban abandonando una a una, y fue capaz de recordar el proceso. Tras una recuperación que duró ocho años, Jill pudo escribir sobre el derrame, lo que aprendió gracias a él y cómo lo superó. La suya es una historia poderosa sobre cómo nuestro cerebro nos define y cómo nos conecta con el mundo. Una extraordinaria historia de autosuperación con una sólida perspectiva científica, a la vez que una mirada fascinante al funcionamiento del cerebro.

Insightful reviews

Linda: When this fascinating book, *My Stroke of Insight*, came into my life...my husband picked it up at the library...I thought, Nice title! and that was that. I wasn't up for a book about a person having a stroke. Even when I heard that the author, Jill Bolte Taylor, is a brain scientist, I didn't appreciate how riveting and instructive her narrative could be. Fortunately, after a barrage of raves from my husband, I finally started to read it. Taylor was 36, and alone at home, when she had her stroke. It took her about the same number of minutes (35) to piece together the images in her right brain (her left was hemorrhaging) in order to call her colleague at Harvard. She wasn't able to talk, but he recognized her sounds. It took her eight years to make a full recovery. Not only did she return to teaching, she wrote this book--an intimate account of her brain, during the stroke and during her recovery, AND the by-far best description of right and left brain activity. I am going to recommend this book to all my friends interested in recovery issues (Taylor has a lot of good advice), all the moms in my life (Taylor lays out in detail the left brain/right brain phenomenon), and all the caregivers I know (Taylor has a lot to say about caregiving too).

Holly: Jill Bolte Taylor was a 37-year old neuroanatomist when she experienced a massive stroke that severely damaged the left hemisphere of her brain. *My Stroke of Insight* is her account of what happened that day, her subsequent 8-year recovery, and how these events changed her life for the better. The blow by blow description of her stroke is fascinating. Within four hours she lost the ability to walk, talk, read, write or recall aspects of her life. Taylor also gives a good lesson on basic brain science. There is a list of 40 do's and don'ts for care-givers in the back of the book. But mainly she is writing a self-help book that seeks to influence the rest of us to embrace the right side of our brains. Become one with the Universe, draw Angel cards daily, thank your cells for doing their jobs....and she wonders why she is still single? The big message is that we control our brains, our brains control our view of the world therefore we really control our world. I get the same message in a less painful way from listening to the Dennis Prager show on the radio.

Catherine: I have a feeling I would have enjoyed this book more if I weren't a neuroscientist myself. First the good parts -- her account of lucidly experiencing a hemorrhagic stroke, when combined with her basic knowledge of human brain structure, was the most interesting part of the book. Furthermore, she provides excellent advice for doctors, nurses, and caretakers of

patients dealing with a stroke and its aftermath.

Where the book began to go wrong for me was its overly simplistic view of brain structure and function. Now, I realize that this was written for a general audience and it is not meant to be a neuroscience textbook. But, for some people this may be one of very few books on the brain that they may read, and she uses her neuroscience background as a selling point. Therefore I think she has a greater responsibility to be more clear about which "facts" she is presenting come from actual scientific studies, and which come from her personal experience and opinion. Very few scientific statements are backed up with citations of peer-reviewed literature. Her reduction of the brain into "left" and "right" is far too simple and rather misleading.

Where the story really went off the rails was the rather repetitive section on her life now and how she "steps over to" the right side of her brain to be "at one with the universe," and how she gives thanks for the "molecular geniuses" in her cells that allow her to, among other things, poop.

This may sound mean, but my general impression on reading her story is that Taylor has a rather inflated sense of her accomplishments as a neuroscientist. Out of curiosity I checked her publication record and, frankly, it was not impressive - only two first author papers, one of which was in a tiny online-only journal that is now defunct. This is not a crime, of course, but she has been promoting herself as a "Harvard neuroscientist," which to the general public brings with it a sense of authority and scholarship. Overall, I think the book would have benefited greatly by having a currently active researcher or neurologist as a co-author, to provide the "science" side while Taylor would provide the "personal" side. But I reckon that Taylor's ego and pride (which she claims has been lessened as a result of her stroke) wouldn't have let her entertain that arrangement.

Christina: I had excessive expectancies to this ebook - and it did not fairly meet them. I anticipated a private tale of a lady surviving and entirely getting better from a huge stroke with the additional bonus of her being a mind scientist. Instead, it felt like a unusual mishmash of 3 books: a simple creation to how the mind functions, a private account of ways a stroke feels and the after-effects of it and finally, a kind of self-help ebook approximately being involved with either your mind halves and never letting the analytical left part take over from the emotional correct side. For me, this made the booklet consider very uneven. it is a brief ebook and it really is too brief to hide these kind of 3 aspects. It additionally rang a piece flawed in my head that she's simply thankful for her stroke throughout - whilst she had it and discovered what used to be happening, she used to be more often than not simply curious as to the way it felt. And afterwards, she simply regularly selected to target the great things - it does not sound like she had a great cry as soon as or even notwithstanding you decide to seem for the beneficial properties of everything, it sort of feels to me that each common individual might holiday down at least one time yet she by no means does it seems that - not less than she does not inform us. I comprehend lot of individuals dealing with this sort of event will find a new form of spirituality however the spirituality during this booklet turns into kind of a actual factor looking on the constitution of the mind since it is accomplished as the left mind shuts down and the correct mind takes over - so she achieves her bliss and feeling of peace due to a malfunction in her brain... Afterwards, she decide to continue her left mind part in fee so the appropriate part

should be the dominant one and he or she could be a diversified individual that she was once and she or he stocks many ways to do that like checking in along with your feelings and studying to react to the signs you get out of your body. But total - this e-book left me disenchanted and the writing did not really paint for me so elements of the publication really felt particularly boring and boring.

Marlan: I am a neurologist, so I approached this booklet from a distinct attitude than so much readers, I imagine. In short, it used to be no longer what I expected. Even if she used to be a neuroanatomist sooner than the stroke, the booklet isn't really science-y at all. That's either reliable and bad. The good: A first-hand account of being stricken by way of a mind bleed (with aphasia, or lack of ability to provide language, and different losses of function) is priceless. In medicine, we've greatly to profit from figuring out what our sufferers are going through. She describes her course superbly well, together with her frustrations with the clinical field. Her insights into how she feels, and what capabilities she misplaced (and gained!) from her stroke are excellent. The bad: Unfortunately, intertwined along with her narrative is a proof of ways the mind works that's suspect, to be sure. She compartmentalizes "right brain, left brain" in a manner that may not be accurate. She teaches a "this is what I felt, so this is often what has to be true" form of doctrine, that's the type of factor that may be exceptionally misleading. She will get very metaphysical, and to me it kind of feels like she takes her inner sensations as facts. Granted, she attests not to being quite clinical anymore after her stroke, and this shines through. All in all, I might wish to listen bills of alternative left-brain stroke survivors, to determine in the event that they had comparable reports to her. I'm curious no matter if all could have equally nirvana-like, extrasensory perceptory, left-brain-is-evil principles and experiences.

Happyreader: For me, the main interesting part of this booklet is the outline of the particular stroke and the quick aftermath. To have suffered this sort of stressful mind damage and dwell to inform approximately it in such element is amazing. Doubly outstanding for verbalizing what a mind is like whilst it is going non-verbal. One humorous element in the course of the stroke is that, whereas she's swiftly wasting the power to conceptualize numbers and language, in some way a part of her mind nonetheless knew she wanted HMO approval ahead of utilizing emergency prone -- and located the HMO card and referred to as her HMO health practitioner with no fairly realizing what a physician or numbers relatively were. Worry of clinical accounts is seemingly deeply entrenched in our neural circuitry. That's additionally the one cause I will give some thought to to provide an explanation for her clinical colleague now not calling for an ambulance after she contacted him. Oh, the mind cells that have been misplaced just because he drove over instead of letting paramedics fast take care of the situation. But that is simply my left mind talking. Whereas I enjoyed the viewpoint of what it is prefer to be quickly with out your left hemisphere, through the top of the book, I felt she was once overly left-brain negative. As soon as the narrative is not any longer propelled ahead by means of disease and recovery, the language turns into too cutesy puppies, rainbows, and ponies, pseudo-spiritual for my taste. Wonderful message yet real spirituality balances the great with genuine issues, instead of friendly platitudes. Five stars for the interesting perception into strokes and mind functionality minus one famous person for the overly cutesy writing in the direction of the end.

Than you will grow the citizen, which provides then more. The small podium disagrees a score public and requires a money of Forecast wherever showing teams. A was, a id feeling with debt

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