The Brain That Changes Itself

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BOOK REVIEW

The brain that changes itself

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When scientists first started to look at the convolutions of the brain, they may well have been reminded of a geographical landscape. There are few geographical frontiers still to be conquered, but the very latest equipment is only now making exploration of the brain a feasible venture.

In 2007, the Canadian psychiatrist, Norman Doidge, M.D., wrote a book that has received several favourable reviews, The brain that changes itself. I paid $35 for my paperback version. Although it is of equal interest to the layperson, teacher, administrator, therapist and scientist, the writing style is easily accessible to the layperson. It has been such a hit that it has become an international bestseller. It was reprinted five times in 2008, with yet another reprint in 2009. Doidge uses numerous case studies to illustrate how amazingly the brain is able to change in response to various situations or trauma in order to improve quality of life.

The book’s main theme is that people can learn because brains can change. This proposal is of great significance to teachers and education administrators. This book emphasises that biology is not destiny—things can change—and that the environment can help.

Doidge shows that the brain is not static.