



The Woman Who Changed Her Brain

Barbara Arrowsmith-Young

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Barbara Arrowsmith-Young was born with severe learning disabilities that caused teachers to label her as slow, stubborn - or worse. As a child, she read and wrote everything backwards, was physically uncoordinated and she continually got lost. But by relying on her formidable memory and iron will, she made her way to graduate school, where she chanced upon research that inspired her to invent cognitive exercises to 'fix' her own brain, which we now know as neuroplasticity. *The Woman Who Changed Her Brain* interweaves Barbara's personal story with riveting case histories from over thirty years of working with both children and adults at what became the Arrowsmith School in Toronto. This remarkable book by a brilliant pioneer deepens our understanding of how the brain works. Our brains may shape us, but this book offers clear and hopeful evidence of the corollary: that we can shape our brains. It includes a foreword by Norman Doidge, M. D., author of *The Brain that Changes Itself*.

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