

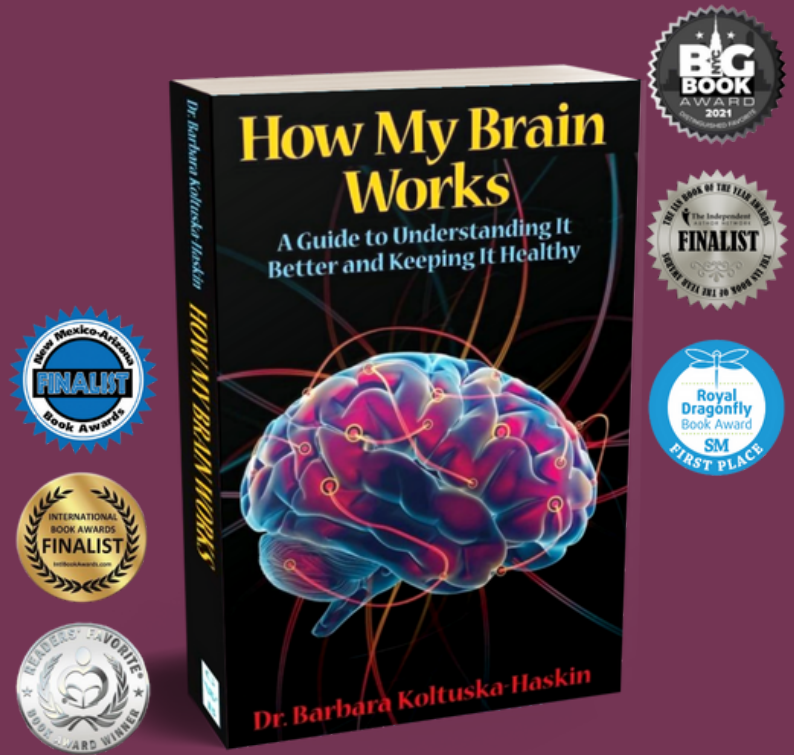
How My Brain Works

A GUIDE TO UNDERSTANDING IT BETTER AND
KEEPING IT HEALTHY

Dr. Barbara Koltuska-Haskin

**AN ENGAGING,
DIGESTIBLE ACCOUNT
OF THE HUMAN BRAIN'S
WORKINGS AND WAYS
TO IMPROVE MENTAL
AND PHYSICAL HEALTH.**

—Publisher's Weekly



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Dr. Barbara Koltuska-Haskin is a Clinical Neuropsychologist in private practice in Albuquerque, New Mexico. She has over thirty years of clinical experience. She also has a research and academic teaching background. In addition to her doctorate in psychology/neuropsychology, she has a Master of Science degree in Clinical Psychology and Bachelor of Education degree (valedictorian). She also completed 450 hours of academic coursework in psychopharmacology sponsored by the Southwestern Institute for the Advancement of Psychotherapy/New Mexico State University Collaborative. She is also a classically trained mezzo-soprano.

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A GUIDE TO UNDERSTANDING IT BETTER AND
KEEPING IT HEALTHY

"DR. KOLTUSKA-HASKINS DEMYSTIFIES THE PROCESS OF NEUROPSYCHOLOGICAL TESTING, BREAKING DOWN ITS BENEFITS FOR ANYONE WHO IS CONCERNED ABOUT MEMORY, COGNITIVE, AND EMOTIONAL FUNCTIONING."

—San Francisco Book Review

"THE BLEND OF FACTS, INDIVIDUAL EXPERIENCE, AND PHYSICIAN INSIGHT CREATES A BOOK MUCH MORE ACCESSIBLE AND WIDE-RANGING THAN MOST ON THE SUBJECT."

—Midwest Book Review

"A DEEP DIVE INTO ALL MATTERS OF COGNITIVE FUNCTION, THIS EASY-TO-READ GUIDE IS INFORMATIVE, ACCESSIBLE, AND INSIGHTFUL THROUGHOUT."

—Self Publishing Review

"A GREAT MANUAL FOR THOSE STRUGGLING WITH BRAIN PROBLEMS - ENDLESSLY POSITIVE AND PRACTICAL... I FELT MASSIVELY EMPOWERED AND ENCOURAGED READING THIS BOOK."

—Amazon Reviewer

"I WAS SO INTERESTED IN EACH SECTION AS I READ THAT I DIDN'T WANT TO PUT IT DOWN UNTIL I WAS FINISHED. I ACTUALLY DOWNLOADED THE AUDIO VERSION OF THIS BOOK AS WELL AND LISTENED TO A FEW CHAPTERS MORE THAN ONCE.."

—Online Book Club Review



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