

Midwest Book Review, Donovan's Literary Services

While *How My Brain Works: A Guide to Understanding It Better and Keeping It Healthy* may sound like a primer for elementary-grade or teen readers (and may indeed reach into young adult audiences), it's a solid adult discussion with a more inviting title than most health discussions about brain physiology, and is especially recommended for general interest audiences interested in brain trauma, recovery, and neurological conditions affecting the brain's function.

The discussion begins with a history of neuropsychology and its evolution as a health discipline. Chapters define the term and review the kinds of tests, approaches to health and healing, and clinical evaluation processes that families and individuals need to understand as they move through the health care system to resolve a brain condition.

How My Brain Works doesn't just cover disease and injury, but any physical or mental condition affecting how the brain functions, from menopause to the effects of exercise and sleep on the brain's optimum performance.

At each stage, discussions assume no prior knowledge of either physiology or psychology, but offer clear information in terms any lay reader can readily understand. This differentiates *How My Brain Works* from the many healthcare-oriented discussions already on the market, and makes its very simple title more comprehensible as it builds appeal based on language anyone can easily understand.

Dr. Koltuska-Haskin is a practicing neuropsychologist who draws on case history examples to further create the informative, lively tone that sets her book apart from others: *"After talking for a while to make her more comfortable, I explained that memory complaints aren't necessarily memory problems, and told her what kind of testing we would be doing. I mentioned that most patients with dementia have problems with judgment and insight, and tend to be in denial about their memory and other cognitive problems. Most of them are brought for evaluation by family members who see changes in their functioning that are not obvious to the patients themselves. This made Janet feel more comfortable and eager to start testing."*

The blend of facts, individual experience, and physician insight creates a book much more accessible and wide-ranging than most on the subject. *How My Brain Works* is very highly recommended for both health and general-interest collections and readers alike, from healthcare professionals to families, caregivers, and anyone concerned about the brain's functions and possibilities.