

The compassionate therapist's voice reverberates like a trusted source, offering wise and thoughtful counsel on maintaining a healthy brain. With more than thirty years of clinical experience, Dr. Koltuska-Haskins demystifies the process of neuropsychological testing, breaking down its benefits for anyone who is concerned about memory, cognitive, and emotional functioning. People in recovery from brain injury will glean insights on the healing effects of diet, exercise, sleep, meditation, and gratitude practices. Check out photos from the author's own herb garden, an additional salve to an already healthful and healing read.

---Maileen Hamto, San Francisco Book Review