

Being Brain Health

The journey to wellness when coming back from a brain injury can be a long one. It is one author Ruth Curran knows well. Faced with myriad cognitive challenges after her own traumatic brain injury resulting from an automobile accident, Curran decided to "turn up the volume" on the things that she loved in order to expedite the healing of her brain. She found ways to work through the discomfort and discouragement that can plague those suffering from traumatic brain injury as well as other conditions, chronic illnesses, and age-related changes that affect cognition and brain health.

In *Being Brain Healthy*, Curran shares her 18-month path to recovery along with the techniques she used—and continues to use—to amplify her everyday experiences with the goal of maximizing brain health and function. Her book is one of hope, not only for those whose brains have been compromised through injury or illness, but also for anyone who wants to think better and improve their cognitive abilities.

Curran has the unique ability to share her insights on brain health and healing in a manner that makes complex neuroscience matters make sense to even those taking their first frustrating steps toward recovery. Convinced that everyone can build better thinking skills and work their way out of what she calls "the fog" regardless of its cause, Curran shares how she did exactly that and made her entire life more fulfilling.

Being Brain Healthy combines the most cutting-edge research with what works in practice and fits in daily life. Curran helps readers understand how the brain and body work together and how the partnership between the two can be utilized to create a more healthy brain. Curran outlines how the newest science, activities, and exercises can help those with thinking challenges make the most of every day. Her "being" brain healthy methods—and book sections—include Be Active, Be Social, Be Engaged, Be Purposeful, and Be Complicated.

Also included in the book are personal stories from individuals on their process recovering from brain challenges. Their accounts along with insight and information from Curran will inspire readers to amplify their experiences and take their own brain functionality to the next level.