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**'A USER'S MANUAL FOR THE BRAIN' -- *BEING BRAIN HEALTHY***

**OFFERS GUIDE TO MAINTAINING MENTAL SHARPNESS**

*Traumatic Brain Injury Survivor Shares Knowledge to Enhance Thinking*

SAN DIEGO, Calif. – (June XX, 2015) – Ruth Curran knows a great deal about brain health, function and recovery. 10 years ago she was in a major car accident where she suffered a traumatic brain injury, her brain basically ping-ponging around in her skull. Her 18-month recovery was a journey of science and the mysteries of the brain.

In ***Being Brain Healthy*** (www.rollingmulliganpublishing.com), Curran shares her 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 simplifies complex neuroscience matters and turns them into real-world applications. 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. Part of Curran's quest for knowledge on the topic included a return to school to earn a master's degree in psychology.

"The brain is the command center for all our functions and you really have to use it or lose it," said Curran. "Too often though, we don't have the tools to keep our brain healthy. This book outlines the steps you can take now to improve mental sharpness and increase your chances for functionality in the future," she added.

*Being Brain Healthy* outlines several methods used by Curran, including 'Be Active,' 'Be Social,' 'Be Engaged,' 'Be Purposeful' and 'Be Complicated.' Each section is filled with background on the science behind each method and why certain activities enhance brain function. "It's key to keep your brain firing." Curran said.

For example, in the 'Be Complicated' section of the book, Curran discusses how to challenge your senses in new ways by changing simple elements routine activity:

* Change your shoes: Switching up what you normally wear changes the way you feel the ground, balance and walk
* Try having a deep conversation while working out: Forcing your brain to do two things at once helps focus
* Listen to an audio book or podcast while cooking
* Blindfold yourself while tying your shoes

The entire point of each 'Be' chapter is to identify and use new techniques to force your brain to *work*, encouraging neuron health and function. With large groups of Baby Boomers retiring and increased life expectancies, the need to maintain brain health is greater than ever.

**About Ruth Curran, MS:**

Ruth Curran drew on her experience successfully overcoming a traumatic brain injury suffered in an automobile accident to become an expert on maximizing brain health and function through lifestyle modification and "turning up the noise on life." Passionate about the connection between the brain and daily functioning, she believes everyone -- regardless of age or stage of life -- has the ability to use neuroplasticity to live a richer, deeper, more fully engaged life.

Curran has a master's degree in psychology as well as more than 28 years of experience as a strategist, business development executive and organizational behaviorist. In addition to authoring *Being Brain Healthy, s*he has created a series of photo-based thinking puzzles, games and apps that help players work on cognitive abilities such as attention, memory and executive functioning at www.craniumcrunches.com.

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