

## RUTH CURRAN - BIOS

### Short:

Ruth Curran drew on her experience successfully overcoming a traumatic brain injury to become an expert on maximizing brain function through lifestyle modification and "turning up the noise on life." She shares her insights and proven techniques for amplifying everyday experiences in *Being Brain Healthy* and on her blogs at [www.rollingmulliganpublishing.com](http://www.rollingmulliganpublishing.com) and [www.craniumcrunches.com](http://www.craniumcrunches.com).

### Long:

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." Curran is passionate about the connection between the brain and daily functioning and believes everyone—regardless of age or stage of life—has the ability to use neuroplasticity to live a richer, deeper, more fully engaged life. She 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. Curran has a master's degree in cognitive psychology as well as more than 28 years of experience as a strategist, business development executive, and organizational behaviorist. She shares her insights and proven techniques for amplifying everyday experiences in *Being Brain Healthy*, and on the blogs at [www.craniumcrunches.com](http://www.craniumcrunches.com) and [www.rollingmulligan.com](http://www.rollingmulligan.com).