

The Brain That Changes Itself Stories Of Personal Triumph From The Frontiers Of Brain Science By Doidge Norman 2008

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“The brain actually changes with addiction, and it takes a good deal of work to get it back to its normal state. The more drugs or alcohol you’ve taken, the more disruptive it is to the

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brain.” Researchers have found that much of addiction’s power lies in its ability to hijack and even destroy key brain regions that are meant to help us ...

[Biology of Addiction | NIH News in Health](#)

Researchers believe that this was a result of the brain’s neuroplasticity, indicating it adapted to the changes in its environment. In this particular case, it was the 20 or more years of regular meditation that produced the structural changes in the brain.

[How Yoga Changes Your Brain - Yoga Medicine](#)

I have had 6 psychotic episodes, over 44 years from my bipolar 1 with psychotic features. I have long felt the first 2, at ages 20 and 22, caused permanent changes in my brain and personality and ultimately the course of my life. I think all the episodes left permanent changes in the neural network of my brain.

[Three Ways Trauma Changes the Brain - NICABM](#)

Singing Changes Your Brain Group singing has been scientifically proven to lower stress, relieve anxiety, and elevate endorphins By Stacy Horn @StacyHorn Aug. 16, 2013

[Singing Changes Your Brain | TIME.com](#)

Personality changes can also simply be a natural reaction to receiving a brain tumour diagnosis or its impact on quality-of-life. This can have a huge effect on someone's mood and behaviour. Similarly, coping with many of the side-effects of a

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brain tumour or its treatments can drastically alter someone's mood.

[Personality changes | The Brain Tumour Charity](#)

Light therapy uses light boxes that produce a bright white light. As far as your brain is concerned, artificial light works just like natural sunlight. "Even if you don't yet have the clinical signs and symptoms of SAD, using light therapy during the winter may help prevent it," says Dr. Cassano. There are many light boxes available online.

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