



The Brain Has a Mind of Its Own: Insights From a Practicing Neurologist

By Richard Restak MD

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Neurologist and best-selling author Richard Restak puts readers in touch with the latest scientific findings about the most complex and inscrutable object in creation--the human brain. "By all means let Richard Restak take you on this lively journey to the very roots of our being. Along the way you will gain new understanding of consciousness, dreams, drugs, emotions, memory loss, and many kindred subjects."--William Warner **Line drawings.**

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Editorial Review

Amazon.com Review

If you're feeling disconnected from the world, it might not be because of your mood; you could be a temporal lobe epileptic. In this collection of fascinating, accessible essays, Richard Restak--bestselling author of *Brainscapes*--explores the relationship between mind and brain. " ... I still find it difficult to believe," he states in the introduction, "that this three-pound mass of protoplasm with the consistency of an overripe avocado is the seat of who I am, of who we all are." If you've ever wondered how much our humanity is shaped by the gray, wrinkled organ between our ears, or even what's going on in our brains when we daydream or ride a bicycle, this book of spirited anecdotes will provide some interesting answers and raise even more questions.

From Publishers Weekly

Unlike psychiatrists who tend to underestimate the role of the brain in mental illness, neurologist Restak (*The Brain*) seeks the cause, in part, in brain dysfunction. Drawing on his patients' often dramatic stories, this gifted and disarming writer's vivid scientific imagery helps to demonstrate the mysterious interaction between the physical brain and the "inner-dimensional" mind. The gap between the two, he notes, has narrowed, thanks to recent advances in neurobiochemical and genetics research and technology. Among these is the PET scanner, which can record action in the brain before a conscious act of will and help diagnose schizophrenia. One of the wide-ranging essays here concerns the benefits to be derived from such activities as contemplating a bonsai tree, which, along with other "prescriptions for insight," Restak much prefers to the cult of self-absorption attributable, he believes, to psychoanalysis, how-to books and "communal group grope" approaches.

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From Library Journal

Restak, a neuropsychiatrist, gained notoriety with two PBS companion volumes, *The Brain* (LJ 11/1/88) and *The Mind* (LJ 10/15/84). His latest offering is a curious assortment of short essays that touch on the mind/brain relationship. Directed toward the general reader, these pieces reflect upon such topics as creativity, concentration, mindfulness, lucid dreaming, and the distinguishing features of a highly intelligent brain. Restak freely philosophizes and occasionally editorializes. Examples from his clinical practice and brief summaries of pertinent research add an interesting dimension to the book. While not all of these essays demonstrate profound insight, there is clearly enough here to tantalize readers. Restak's book should be popular in public libraries.

- Laurie Bartolini, *Lincoln Lib., Springfield, Ill.*

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Jamie Harper:

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