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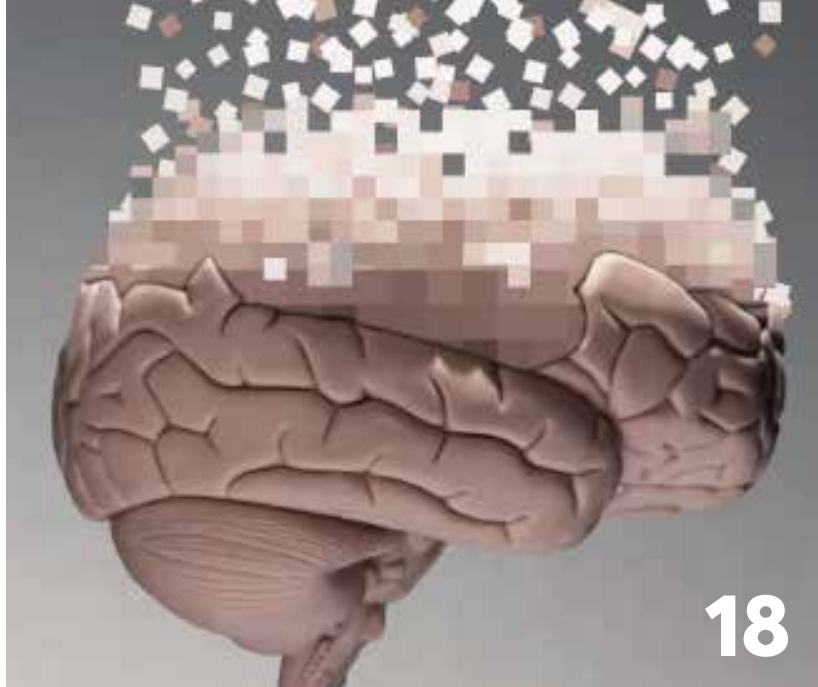
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EDITOR'S
NOTE

THE CHANGING
HEALING,
AMAZING BRAIN

Not that long ago it seemed as if the brain we were born with was the one we had to accept – depressed, obsessed, or stressed out of your mind? Too bad. But today, with so many advancements in neuroscience and psychology, the prognosis has changed. We have wide latitude, it turns out, to improve our lives and alter the trajectory of fate by rewiring our brains –starting with our brilliant babies all the way through to our diets, our sleep habits, our friendships, and our ability to learn. Meaningful change of the neural circuitry inside our brains is often within our control, not merely through treatment with psychotherapeutic drugs but also by adjusting the way we live. The power to change our minds is in no small part due to the recent finding that the brain stays plastic, not just in infancy, but through adulthood, even in old age. In this issue we cover a host of lifestyle interventions for healing, soothing, stimulating, and changing the brain to learn more, remember more, lower stress and lift its own mood. We hope that you will find, in this issue of Making a Better Brain, many useful life tools.

—*Pamela Weintraub,*
Editor in Chief