



Mozart's Brain and the Fighter Pilot: Unleashing Your Brain's Potential

Richard Restak Md

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In **Mozart's Brain and the Fighter Pilot**, eminent neuropsychiatrist and bestselling author Richard Restak, M.D., combines the latest research in neurology and psychology to show us how to get our brain up to speed for managing every aspect of our busy lives.

Everything we think and everything we choose to do alters our brain and fundamentally changes who we are, a process that continues until the end of our lives. Few people think of the brain as being susceptible to change in its actual structure, but in fact we can preselect the kind of brain we will have by continually exposing ourselves to rich and varied life experiences. Unlike other organs that eventually wear out with repeated and sustained use, the brain actually improves the more we challenge it.

Most of us incorporate some kind of physical exercise into our daily lives. We do this to improve our bodies and health and generally make us feel better. Why not do the same for the brain? The more we exercise it, the better it performs and the better we feel. Think of Restak as a personal trainer for your brain—he will help you assess your mental strengths and weaknesses, and his entertaining book will set you to thinking about the world and the people around you in a new light, providing you with improved and varied skills and capabilities. From interacting with colleagues to recognizing your own psychological makeup, from understanding the way you see something to why you're looking at it in the first place, from explaining the cause of panic attacks to warding off performance anxiety, this book will tell you the whys and hows of the brain's workings.

Packed with practical advice and fascinating examples drawn from history, literature, and science, **Mozart's Brain and the Fighter Pilot** provides twenty-eight informative and realistic steps that we can all take to improve our brainpower.

From the Hardcover edition.

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