



BRAIN HEALTH BOOST



Feed Your Mind with These Brain Healthy Books by BHI Experts

*The Brain Health Initiative (BHI) is working to develop brain healthy communities, creating a culture that promotes brain health protective factors and decreases risk factors, thereby improving brain health, optimizing brain performance, and preventing and fighting brain illness across the lifespan for the Florida Suncoast region and beyond. **To live a brain healthy lifestyle, seek out the most relevant and up-to-date information on the subject.***

At the Brain Health Initiative, we enjoy bringing you these *BOOSTS* as a way to connect you with the latest research and expert opinion on issues that affect your brain health. But we only have so much space. You may be craving even more knowledge.

If so, our Brain Health Initiative experts have gone the extra mile to contribute to *BHI Books For Your Brain*. Check out these recently available titles:

[*This is Your Brain on Food* by Uma Naidoo, M.D.](#)

BHI's NeuroNutritionist and national best-selling author, Dr. Uma Naidoo, says what we eat affects more than our bodies; it also affects our brains. In her book, the Harvard-trained psychiatrist, nutrition expert, and chef, explains the many ways in which food contributes to our brain health and shows how eating real can help treat and prevent a wide range of brain health issues. *Published by: Little, Brown Spark.*

[*Energize! Go from Dragging Ass to Kicking It in 30 Days* by Michael Breus, Ph.D., and Stacey Griffith](#)

Dr. Breus, the Brain Health Initiative's sleep expert and America's Sleep Doctor, teamed up with Griffith, a founding instructor of SoulCycle, to produce this how-to guide for getting your groove back. They base this personalized program on chronobiology, the study of biological rhythms and biological clocks, and biological body types. The result is a schedule of daily movements, sleeping and fasting as well as mood ideas that offer readers increased energy and happiness. *Publisher: Little, Brown Spark.*

[*Walk Your Way Calm* by Jennifer Walsh](#)

BHI Advisor and faculty member Jennifer Walsh – a serial entrepreneur, speaker, writer, and podcast host – designed the walks in this book as exercises in mindfulness to help the reader get out of their own head and find the calm of the present moment, no matter what is going on around them. Benefits include lower anxiety and stress, a sense of calm and an uncluttered mind and a boost for brain health and wellness. *Publisher: Prevention Magazine.*

[*How to Raise Remarkable Kids Without Talking to Them* by C.K. Bray, Ph.D.](#)

Dr. Bray, a BHI Advisor and faculty member as well as a cognitive-behavioral researcher, speaker and CEO of the Adaption Institute, provides a simple daily solution to touch the heart and mind of your children and provide love, guidance, and support in a way they will hear. His innovative way of parenting strengthens relationships and connections with children and loved ones. *Publisher: Adaption Institute.*

[*Bringing the Neuroscience of Learning to Online Teaching: An Educator's Handbook* by Tracey Tokuhama-Espinosa, Ph.D., Ed.M](#)

This book will help all educators move online teaching and learning to new levels of confidence and success. The book shares ways to use digital tools to differentiate learning, employ alternative options to standardized testing, personalize learning, prioritize social-emotional skills, and inspire students to think more critically. Tokuhama-Espinosa – a BHI advisor, educational researcher and author of several books on learning and the brain – identifies gems in quality teaching that coincide with how the brain learns best and are amplified in online contexts, including 40 evidence-informed pedagogies. *Published by: Teachers College Press.*

[*Neurodharma: New Science, Ancient Wisdom, and Seven Practices of the Highest Happiness* by Rick Hanson, Ph.D.](#)

A groundbreaking yet practical book by psychologist, best-selling author and BHI faculty member Dr. Rick Hanson, *Neurodharma* shares seven practices for strengthening the neural circuitry of profound contentment and inner peace – qualities that offer essential support in everyday life while also supporting the exploration of the most radical reaches of human consciousness. *Publisher: Harmony Books.*

WHAT YOU CAN DO TODAY TO PROTECT YOUR BRAIN HEALTH

Need more info before committing to these books? Check out the BHI feature in this month's [SRQ magazine](#), and also here's a nugget from each release to whet your brain healthy appetite:

- According to Dr. Naidoo in *This is Your Brain on Food*, a plant-based diet is more sustainable than the Western diet heavy on processed foods. Food production places an enormous demand upon our natural resources and contributes to climate change, biodiversity loss, pollution, and drastic changes in land and water use.
- In *Energize! Go from Dragging Ass to Kicking It in 30 Days*, Dr. Breus and Stacey Griffith ask readers to identify their chronotype (Lion, Wolf, Bear, or Dolphin) and their body type (Fast, Medium, or Slow Metabolism). Advice for daily living flows from those identities.
- Jennifer Walsh encourages the reader to explore and experience specific places in *Walk Your Way Calm*, like the Main Street Walk and a Beach Walk; walks that are all about getting in touch with nature and your surroundings, like the Scent Walk and Leaf-Peeping Walk; and walks that prompt you to try some unique techniques to help ground yourself in the moment, like the Tiptoe Walk and the Yoga Walk.
- In *How to Raise Remarkable Kids Without Talking to Them*, Dr. Bray struggled to find the right words when talking to his teenage daughters. That's when he found a device to reach them on another level. Want to know what it was? Read the book!
- In *Bringing the Neuroscience of Learning to Online Teaching: An Educator's Handbook*, Tokuhama-Espinosa equates the migration to online teaching to a family's moving from one home to another. "Moving means you have to decide what's really important," she writes. "This involves assigning values to different parts of your life, which is never easy. It also means that things you might have taken for granted before the move have to be evaluated for their worth in the new context."
- As the title suggests, Hanson's *Neurodharma* reflects the teachings of Buddhism. About 2,500 years after Buddha walked the dusty roads of northern India, neuroscientists are discovering the mechanisms of the brain that underpin the Buddha's penetrating analysis of the mind.

About the Brain Health Initiative (www.brainhealthinitiative.org)

The Brain Health Initiative (BHI), 501(c)(3) nonprofit, uses a cutting-edge approach to protecting brain health, promoting brain performance, and preventing and fighting brain illness across the lifespan. The BHI is building brain healthy communities, cultures that foster brain health protective factors and address risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida Suncoast region and beyond. Join the **Be Brain Healthy** movement, **because brain health matters, and lifestyle makes a difference**. To view all Brain Health Boosts [click here](#).