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Soft-Wired by Dr. Michael Merzenich

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"Soft-wired captures the brain's Rx for living our entire lives with a brain operating at or near full capacity--after reading this book you'll be equipped to control your neural destiny!" - Kelly Lambert, PhD, Author of Lifting Depression and The Lab Rat Chronicles

Chapter References - Soft-Wired by Dr. Michael Merzenich

– Sandra Blakeslee, New York Times science writer “Soft-Wired is one of the most important books on health and aging ever written. In Soft Wired, Professor Mike Merzenich shows that many ailments we think of as physical or an inevitable result of aging are actually caused by brain defects and brain decline.

About the Book - Soft-Wired by Dr. Michael Merzenich

Ballantine, New York. Acetylcholine release plays a crucial role in enabling plastic change; its release temporarily increases the power of a wide range of otherwise-sub-rosa inputs being fed into any given cortical area, which enables the brain to “select” from that wider repertoire as it “specializes” its machinery to master the task at hand.

Chapter 10 Reference - Soft-Wired by Dr. Michael Merzenich

Hardwired means “born with” and softwired means “learned from experience.” Our brains are constantly rewiring based on thoughts and stimulus (neuroplasticity), this is referring to soft-

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wiring. Things like instincts, reflexes, or behaviors we are “born with” are hardwired behaviors.

Hardwired Versus Softwired (Brain) - Fact / Myth

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Of course the biggest factor contributing to increasing AD prevalence in the U.S. and in the world is the continuing increase in human longevity itself (see, e.g., Kalaria R N, et al., Alzheimer’s disease and vascular dementia in developing countries; disease management, and risk factors. *Lancet Neurol* 7:812-26, 2008.

Chapters 1 & 2 Reference - Soft-Wired by Dr. Michael Merzenich

Dr. Merzenich’s first book, *Soft-Wired: How the New Science of Brain Plasticity Can Change Your Life*, has been called “a must-read” and “the book we have all been waiting for.” You can read an excerpt, learn more, or buy it from Amazon.. Dr. Merzenich is the brain behind BrainHQ, an online brain training program. More than 100 published studies show that BrainHQ brain training ...

Dr. Michael Merzenich's Official Website

The Challenge The BBC wanted to modernise its high-profile music portal to offer new features

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and capabilities. This meant a major technology overhaul. BBC Music is the gateway to the goldmine of content from the broadcaster's television, radio and online shows.

Bespoke Software Development

Soft Wiring will allow us to fuse those outcomes together and create the mission results we are seeking. Soft Wiring is a very intentional effort to move the culture of this organization to where it needs to be as it moves forward in this complex, competitive world. Hard Wiring alone will not drive Customer Centricity.

Hard Wiring Vs. Soft Wiring - Performance Journeys

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Amazon.com: Customer reviews: Soft-Wired: How the New ...

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