



Power Up Your Brain: The Neuroscience of Enlightenment

David Perlmutter , Alberto Villoldo

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Joining the long-separated worlds of science and spirit, Perlmutter explores the exciting phenomena of neurogenesis and mitochondrial health, while Villoldo brings his vast knowledge of shamanic and spiritual practices to the table.

Power Up Your Brain: The Neuroscience of Enlightenment Details

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From Reader Review Power Up Your Brain: The Neuroscience of Enlightenment for online ebook

Teal Chimblo Fyrberg says

Fantastic book. Neuroscience and shamanistic wisdom meet to produce a program for brain health and true joy and contentment in our lives.

Rocio says

Eye opening

I would recommend this book to anyone looking to enhance their life, achieve a higher state of happiness and health.

Sandra says

...the book that should have been a long article. I feel the authors stretched their material and repeated it in various ways to fill a book. Strange bedfellows, neuroscientist David Perlmutter and medical anthropologist and shaman Alberto Villoldo didn't seem to me to contribute equally. I thought Villoldo's contribution, though it could have been substantive, was somewhat light. Like I said, it could have been a magazine article. That said, parts of it were interesting and enlightening.

Diana says

Neurogenesis and Shamanism. I was a tad turned off by the latter. However, for all I know there may be something to it. Dr. Perlmutter provides information on supplements to help the aging brain. Of particular interest was his suggestion that one should fast once a month although in his previous book which I just read "The Grain Brain" I believe he suggests once a week.

Rebecca Orton says

I thought that Power Up Your Brain: The Neuroscience of Enlightenment by David Perlmutter and Alberto Villoldo was the book about the blending of science and healing that I wanted to read but it turned out not to be the case. There were two distinct voices and separate sections featuring each author's point of view. This pattern repeated itself throughout the book. That is not a synthesis. At least one of the authors said that they were coming closer together in finding a common ground for their viewpoints. For example, this book made the connection between healing energy and mitochondria. The lifestyle schedules that the authors put into the book indicated to me that the authors intended this book to be an exercise and diet regime book on how to achieve optimal conditions for enlightenment. That was not clear in the title. It is not an intellectually

stimulating book about scientifically valid connections between neuroscience, DNA switches or triggers (e.g. attunements), and faith healing. In other words, this book wasn't what I wanted. I did like some concepts that the book put forward for the reader. For example, it explained the four sub-brains within the human brain: the newest prefrontal cortex that is activated during meditation, the newer neocortex where logic is thought out, the older limbic brain where the emotions are, and the oldest reptilian brain where basic biological urges such as hunger are processed. I always thought that there were competing entities within my mind and this concept of four sub-brains is a good indication to me that this is really the case. I give this book three stars because there was a lot of good, complex, and intricate information about the body's metabolic processes. You can read to your heart's content about scientific stuff at the intracellular level in this book for sure.

Andrea Marley says

Okay, where to start. Lets see. I know there are powerful shamans, i'm just not sure they can truly exist in our Western world.

That is not to say, that one cannot attain enlightenment in our culture.

Enlightenment does not mean being happy all the time, it means a sort of understanding i guess, a deep love and compassion.

I am enjoying all of Alberto Villodo's books. His first book 'Shaman, Healer, Sage' was a mind warm-up to to the education I was about to receive. His books reinforces many of my personal beliefs. One being that linear time exists only in this realm of reality. We can remember the past and we can remember the future. Once we have access, we can heal ourselves and help others.

This book gives easy practical meditations to calm an over-active, depleted mind. I love the neuroscience meets shamanism aspect of this book. They compliment each other so well.

I think I've found my future calling....

GONZA says

I really find a little bit difficult and it's my fault, to mix neuroscience with sciamanesim. So that's the reason why I didn't particulary appreciate this book that in any case is well written and interesting. I do not dobut that there are many interesting thins in chakra, light being and many other things, it's only that sometimes I couldn't appreciate all that stuff because I have not enough faith.

THANKS TO NETGALLEY AND HAY HOUSE FOR THE PREVIEW

Kathryn Mattern says

I learned a lot from reading this book and I found it enjoyable to read. I used to be very interested in the brain, nerves, and the senses. As an acupuncturist I was aware that we don't really have effective ways to treat damaged nerves, eg in cases like multiple sclerosis, or traumatic nerve injuries - so this book made me feel optimistic that in the future people with these kinds of illnesses and injuries will be helped. I enjoyed the shamanic exercises. I've done some variations on these exercises in the past and I feel that these are quite good and will be helpful to those seeking healing.

Marita says

One thing I have always appreciated about Alberto Villoldo is his no-nonsense, here's exactly how to do it directions. This is my first introduction to David Perlmutter, and I am impressed with him as well. I am very annoyed with authors who tell you about the great healing and enlightenment you can achieve at their workshops, but who could tell you what you need to know to do it on your own as well. It is true that David Perlmutter points you to a website where he is selling dietary supplements, but you are not told this is the ONLY place to get them, and I found much cheaper versions on Swanson's website, so was happy with it. I will be starting their program tomorrow, and will add to this review to let you know how it goes for me. I have a lot of confidence this is a do-able approach.

Barney says

I am with Guillermo on this one. It provides some insights on maintaining brain health and how we don't have to be resigned to our brains slowing down as we get older. I like that it pairs a scientific approach teaming a Neurologist with a Shaman to mix a clear and compelling description of what's happening neurologically with spiritual practices that help awaken the brain. The book provides a routine of exercises and supplements to help us awaken. It is a worthwhile read.

L.P. Logan says

Yes, yes, yes. Finally a book that uses credible sources (neurologists) to articulate the clear link between spiritual enlightenment and the physical body and brain. This book was like a breath of fresh air.

At times the shift between the spiritual and the analytical can be a little blunt, but overall it is ignored due to the wealth of relevant information that is presented. As a bonus, individuals wanting to incorporate more holistic and spiritual factors into their physical health regimen are given a step by step, week by week guide to follow at the end of the book.

Zemirah says

Great ideas for strengthening your brain. Science plus Shamanism. Perfect fit.

Suesie says

Fabulous book! Not for the average reader, looking for nice, light fiction or romance. This book discusses issues & healing of the human brain, in ways that were a bit unconventional, when this book was written.

Cheryl says

This is a very interesting book. I wanted to read this after i read a review. I am reading books to try to help my son with his anxiety and depression and this has certainly given me food for thought. Would definitely recommend this.

Annie Kate says

Didn't finish this; full of weird ideas but very interesting. Also has practical health tips.
