

## Gray Matter A Neurosurgeon Discovers The Power Of Prayer One Patient At Time David I Levy

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Keep Sharp John Wiley & Sons

You are a sexual person. Whether you are single or married, a teenager or an older single adult, God created you as a sexual person. So how do we inhabit our sexuality in a way that brings honor to God? And what exactly is sexuality? Is it just sexual intercourse? Or is it perhaps something much greater? God created them male and female. From the moment of our conception, we are born in this act of creation as a sexual being. God's creation was the work of a master artist. It is vital that we discover both the artwork and the artist. God intended for sex to be a wonderful good. When someone allows God to guide them in how they engage in sex, it can be. However, sometimes sexuality has become a source of shame, guilt, pain, confusion, frustration, and sorrow. Sexual challenges can come from the choices we make, from the things that others do against us, and from the ways in which Satan has inundated the world with a tsunami of destructive words and images about sex. Those challenges can also come from the lack of being able to talk openly about sex. Perhaps you want to lead a life of sexual purity but you are finding it hard to find solid, biblical answers to some of the very real questions you have. You may feel like you've tried to bring up these things with those involved in your life but that you often receive the same-old trite and empty arguments about purity: "Just wait" or "Just repent" or "God has a plan. Be patient." So how do we reconcile God's intricate and amazing plan for sex with the devastation, destruction, and frustration that sex outside of His plan can cause? How can we pursue purity and honor sexuality at the same time? What exactly is God's plan for sexuality for those who are not married? Redeeming Sexuality answers many of these and other questions that singles, teens, and parents ask the authors in their conferences and sessions, including: What is God's plan for sex? How should single, working professionals, college students, teens, and all other unmarried individuals understand their sexuality in light of God's plan? What is allowed and how far is too far? How can we have healthy, intimate connections with others? What is purity and how do we deal with temptation when it is so hard to escape? How do we work through the damage and pain that is already done? How can parents effectively communicate with their kids about sex? This comprehensive guide strives to bring clarity and understanding to topics that many Christians have trouble discussing. Journey with us as we discover a vibrant understanding of God's plan for redeemed sexuality.

*No Place to Hide* Penguin UK

#1 NEW YORK TIMES BESTSELLER • PULITZER PRIZE FINALIST • This inspiring, exquisitely observed memoir finds hope and beauty in the face of insurmountable odds as an idealistic young neurosurgeon attempts to answer the question What makes a life worth living? NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • People • NPR • The Washington Post • Slate • Harper's Bazaar • Time Out New York • Publishers Weekly • BookPage Finalist for the PEN Center USA Literary Award in Creative Nonfiction and the Books for a Better Life Award in Inspirational Memoir At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. When *Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. Paul Kalanithi died in March 2015, while working on this book, yet his words live on as a guide and a gift to us all. "I began to realize that coming face to face with my own mortality, in a sense, had changed nothing and everything," he wrote. "Seven words from Samuel Beckett began to repeat in my head: 'I can't go on. I'll go on.'" When *Breath Becomes Air* is an unforgettable, life-affirming reflection on the challenge of facing

death and on the relationship between doctor and patient, from a brilliant writer who became both. [Liwired](#) Tyndale House Publishers, Inc.

How to rewire your brain to improve virtually every aspect of your life—based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: *Brain-Based Therapy-Adult*, *Brain-Based Therapy-Child*, *Improving Your Memory For Dummies* and *Heal Your Anxiety Workbook* Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, *Rewire Your Brain* will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

[Jesus, M.D.](#) Grand Central Life & Style

Keep your brain young, healthy, and sharp with this science-driven guide to protecting your mind from decline by neurosurgeon and CNN chief medical correspondent Dr. Sanjay Gupta. Throughout our life, we look for ways to keep our minds sharp and effortlessly productive. Now, globetrotting neurosurgeon Dr. Sanjay Gupta offers "the book all of us need, young and old" (Walter Isaacson, #1 New York Times bestselling author of *The Code Breaker*) with insights from top scientists all over the world, whose cutting-edge research can help you heighten and protect brain function and maintain cognitive health at any age. Keep Sharp debunks common myths about aging and mental decline, explores whether there's a "best" diet or exercise regimen for the brain, and explains whether it's healthier to play video games that test memory and processing speed, or to engage in more social interaction. Discover what we can learn from "super-brained" people who are in their eighties and nineties with no signs of slowing down—and whether there are truly any benefits to drugs, supplements, and vitamins. Dr. Gupta also addresses brain disease, particularly Alzheimer's, answers all your questions about the signs and symptoms, and shows how to ward against it and stay healthy while caring for a partner in cognitive decline. He likewise provides you with a personalized twelve-week program featuring practical strategies to strengthen your brain every day. Keep Sharp is the "must-read owner's manual" (Arianna Huffington) you'll need to keep your brain young and healthy regardless of your age!

[Another Day in the Frontal Lobe](#) Baker Books

Gray Matter Tyndale House Publishers, Inc.

**Into the Magic Shop** Createspace Independent Pub

Presents images from both the late designer's private art collection and fashion photography featuring his designs

**More of Him, Less of Me** Random House Trade Paperbacks

Pastor Barnett explains how one's destiny and reason for living are wrapped up in dreams, visions, and passions. This book shows readers how to follow their God-given dreams—the key to finding their fulfillment.

[Neurofitness](#) Tyndale House Publishers, Inc.

A perfect blend of medical drama and spiritual insight, "Gray Matter" is a fascinating account of Dr. David Levy's decision to begin asking his patients if he could pray for them before surgery. His musings on what successful and unsuccessful surgical results imply about God, faith, and the power of prayer are honest and insightful.

[Gray Matter](#) Thomas Nelson Inc

Welcome to tiger country: the treacherous territory where a single wrong move by a brain surgeon can devastate—or end—a patient's life. This is the terrain world-renowned neurosurgeon Keith Black, MD, enters every day to produce virtual medical miracles. Now, in *BRAIN SURGEON*, Dr. Black invites readers to shadow his breathtaking journeys into the brain as he battles some of the deadliest and most feared tumors known to medical science. Along the way, he shares his unique insights about the

inner workings of the brain, his unwavering optimism for the future of medicine, and the extraordinary stories of his patients—from ministers and rock stars to wealthy entrepreneurs and uninsured students—whom he celebrates as the real heroes. *BRAIN SURGEON* offers a window into one man's remarkable mind, revealing the anatomy of the unflinching confidence of this master surgeon, whose personal journey brought him from life as a young African-American boy growing up in the civil rights era South to the elite world of neurosurgery. Through Dr. Black's white-knuckle descriptions of some of the most astonishing medical procedures performed today, he reveals the beauty and marvel of the human brain and the strength and heroism of his patients who refuse to see themselves as victims. Ultimately, *BRAIN SURGEON* is an inspiring story of the struggle to overcome odds—whether as a man, a doctor, or a patient. **PRAISE FOR BRAIN SURGEON** "An inspirational book about true heroes - readers will marvel at Keith Black's achievements both as a doctor and as a man, and will be in awe of his patients' courage and will to survive." --Denzel Washington "A rare, behind-the-curtain look at the life of one of the most pre-eminent neurosurgeons in the world." --Sanjay Gupta, MD, Chief Medical Correspondent, CNN **The Perfect You** Macmillan

The award-winning New York Times bestseller about the extraordinary things that can happen when we harness the power of both the brain and the heart Growing up in the high desert of California, Jim Doty was poor, with an alcoholic father and a mother chronically depressed and paralyzed by a stroke. Today he is the director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University, of which the Dalai Lama is a founding benefactor. But back then his life was at a dead end until at twelve he wandered into a magic shop looking for a plastic thumb. Instead he met Ruth, a woman who taught him a series of exercises to ease his own suffering and manifest his greatest desires. Her final mandate was that he keep his heart open and teach these techniques to others. She gave him his first glimpse of the unique relationship between the brain and the heart. Doty would go on to put Ruth's practices to work with extraordinary results—power and wealth that he could only imagine as a twelve-year-old, riding his orange Sting-Ray bike. But he neglects Ruth's most important lesson, to keep his heart open, with disastrous results—until he has the opportunity to make a spectacular charitable contribution that will virtually ruin him. Part memoir, part science, part inspiration, and part practical instruction, *Into the Magic Shop* shows us how we can fundamentally change our lives by first changing our brains and our hearts.

*Flight to Heaven* Simon and Schuster

A young Jewish doctor prays to a coma patient's Blessed Mother on Christmas Eve, only to have the woman suddenly awakened; there is the voice that tells a too-busy ER doctor to stop a patient walking out, discovering an embolus that would have killed him. The late-night passing of a beloved aunt summons a childhood bully who shows up minutes later, after twenty-five years, to be forgiven and to heal a broken doctor. This ER doctor finds God's opposite in: a battered child's bruises covered over by make-up, a dying patient whose son finally shows up at the end to reclaim the man's high-top sneakers, the rich or celebrity patients loaded with prescription drugs from doctor friends who end up addicted. But, his real outrage is directed at our cavalier treatment of the elderly, If you put a G-tube in your 80-year-old mother with Alzheimer's because she's no longer eating, you will probably have a fast track to hell.

**Becoming Dr. Q** Penguin

"A gem of a memoir . . . Holland takes us for a ride through the psych ER that is at once wild and poignant, a ride that leaves deep tracks in even the healthiest of minds."—Katrina Firlik, M.D., author of *Another Day in the Frontal Lobe* Julie Holland thought she knew what crazy was. Then she came to Bellevue. For nine eventful years, Dr. Holland was the weekend physician in charge of the psychiatric emergency room at New York City's Bellevue Hospital. In this absorbing memoir, Holland recounts stories from her vast case files that are alternately terrifying, tragically comic, and profoundly moving: the serial killer, the naked man barking like a dog in Times Square, the schizophrenic begging for an injection of club soda to quiet the voices in his head, the subway conductor who helplessly watched a young woman pushed into the path of his train. Writing with uncommon candor, Holland supplies not only a page-turner with all the fast-paced immediacy of a TV medical drama but also a fascinating glimpse into the inner lives of

doctors who struggle to maintain perspective in a world where sanity is in the eye of the beholder. Praise for Weekends at Bellevue “An extraordinary insider’s look at the typical days and nights of that most extraordinary place, written with a rare combination of toughness, tenderness, and outrageous humor.”—Andrew Weil, M.D. “Unforgettable . . . tells a mean story.”—New York Daily News “The tension between [Holland’s] macho swagger and her shame at the harsh way she occasionally treats patients gives this memoir extra intrigue.”—Psychology Today “A fascinating portrait . . . Holland is a good storyteller with a dark wit.” —New York Post “Equal parts affecting, jaw-dropping, and engrossing.”—Booklist *The Brain That Changes Itself* Flatiron Books

A New York Times Bestseller Shortlisted for both the Guardian First Book Prize and the Costa Book Award Longlisted for the Samuel Johnson Prize for Non-Fiction A Finalist for the Pol Roger Duff Cooper Prize A Finalist for the Wellcome Book Prize A Financial Times Best Book of the Year An Economist Best Book of the Year A Washington Post Notable Book of the Year What is it like to be a brain surgeon? How does it feel to hold someone's life in your hands, to cut into the stuff that creates thought, feeling, and reason? How do you live with the consequences of performing a potentially lifesaving operation when it all goes wrong? In neurosurgery, more than in any other branch of medicine, the doctor's oath to "do no harm" holds a bitter irony. Operations on the brain carry grave risks. Every day, leading neurosurgeon Henry Marsh must make agonizing decisions, often in the face of great urgency and uncertainty. If you believe that brain surgery is a precise and exquisite craft, practiced by calm and detached doctors, this gripping, brutally honest account will make you think again. With astonishing compassion and candor, Marsh reveals the fierce joy of operating, the profoundly moving triumphs, the harrowing disasters, the haunting regrets, and the moments of black humor that characterize a brain surgeon's life. Do No Harm provides unforgettable insight into the countless human dramas that take place in a busy modern hospital. Above all, it is a lesson in the need for hope when faced with life's most difficult decisions.

**Plain Faith** Univ of California Press

“Fascinating. Doidge’s book is a remarkable and hopeful portrait of the endless adaptability of the human brain.”—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge’s inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they’ve transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

**Reaching Your Dreams** Vintage

The story of one man's evolution from naive and ambitious young intern to world-class neurosurgeon. With poignant insight and humor, Frank Vertosick Jr., MD, describes some of the greatest challenges of his career, including a six-week-old infant with a tumor in her brain, a young man struck down in his prime by paraplegia, and a minister with a .22-caliber bullet lodged in his skull. Told through intimate portraits of Vertosick’s patients and unsparing yet fascinatingly detailed descriptions of surgical procedures, *When the Air Hits Your Brain*—the culmination of decades spent struggling to learn an unforgiving craft—illuminates both the mysteries of the mind and the realities of the operating room.

**Permanent Present Tense** Harper Collins

“A painfully beautiful memoir . . . Written with such restraint as to be both heartbreaking and instructive.” —E. L. Doctorow A revered, many times honored (George Polk, Peabody, and Emmy Award winner, to name but a few) journalist, novelist, and playwright, Roger Rosenblatt shares the unforgettable story of the tragedy that changed his life and his family. A book that grew out of his popular December 2008 essay in *The New Yorker*, *Making Toast* is a moving account of unexpected loss and recovery in the powerful tradition of *About Alice* and *The Year of Magical Thinking*. Writer Ann Beattie offers high praise to the acclaimed author of *Lapham Rising* and *Beet* for a memoir that is, “written so forthrightly, but so delicately, that you feel you’re a part of this family.”

**Redeemed Sexuality** Springer Nature

An intriguingly fresh glimpse of Jesus from the unique perspective of a contemporary doctor examining and learning from the Great Physician.

**The Art of Being You** John Hunt Publishing

*Great Myths of the Brain* introduces readers to the field of neuroscience by examining popular myths about the human brain. Explores commonly-held myths of the brain through the lens of scientific research, backing up claims with studies and other evidence

from the literature Looks at enduring myths such as “Do we only use 10% of our brain?”, “Pregnant women lose their mind”, “Right-brained people are more creative” and many more. Delves into myths relating to specific brain disorders, including epilepsy, autism, dementia, and others Written engagingly and accessibly for students and lay readers alike, providing a unique introduction to the study of the brain Teaches readers how to spot neuro hype and neuro-nonsense claims in the media

**The Way Back to Mayberry** John Wiley & Sons

For years Dr Rahul Jandial has transformed the lives of his neurosurgery patients by putting them through 'brain rehab', his specially developed boot camp for restoring brain function. In this eye-opening, informative and accessible guide, he uses his years of expertise to show how healthy people can rewire their brains to work in a higher gear. With quick and easy daily exercises, Neurofitness will show you how to: · boost your memory · control stress and emotions · minimize pain · unleash creativity · raise smart kids · avoid Alzheimer's. Using a combination of scientific research and fascinating real-life stories from his own operating room, acclaimed neurosurgeon Rahul Jandial explains how to boost your brain power for good.

**Doctors who Followed Christ** Elm Hill

Katrina Firlik is a neurosurgeon, one of only two hundred or so women among the alpha males who dominate this high-pressure, high-prestige medical specialty. She is also a superbly gifted writer—witty, insightful, at once deeply humane and refreshingly wry. In *Another Day in the Frontal Lobe*, Dr. Firlik draws on this rare combination to create a neurosurgeon’s Kitchen Confidential—a unique insider’s memoir of a fascinating profession. Neurosurgeons are renowned for their big egos and aggressive self-confidence, and Dr. Firlik confirms that timidity is indeed rare in the field. “They’re the kids who never lost at musical chairs,” she writes. A brain surgeon is not only a highly trained scientist and clinician but also a mechanic who of necessity develops an intimate, hands-on familiarity with the gray matter inside our skulls. It’s the balance between cutting-edge medical technology and manual dexterity, between instinct and expertise, that Firlik finds so appealing—and so difficult to master. Firlik recounts how her background as a surgeon’s daughter with a strong stomach and a keen interest in the brain led her to this rarefied specialty, and she describes her challenging, atypical trek from medical student to fully qualified surgeon. Among Firlik’s more memorable cases: a young roofer who walked into the hospital with a three-inch-long barbed nail driven into his forehead, the result of an accident with his partner’s nail gun, and a sweet little seven-year-old boy whose untreated earache had become a raging, potentially fatal infection of the brain lining. From OR theatrics to thorny ethical questions, from the surprisingly primitive tools in a neurosurgeon’s kit to glimpses of future techniques like the “brain lift,” Firlik cracks open medicine’s most prestigious and secretive specialty. Candid, smart, clear-eyed, and unfailingly engaging, *Another Day in the Frontal Lobe* is a mesmerizing behind-the-scenes glimpse into a world of incredible competition and incalculable rewards.