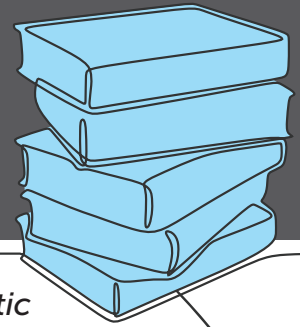


# Brain-Healthy Books

Dallas-based Interabang Books, a 2023 BrainHealth Week community partner, has created a curated list of books on brain health and wellness. Informed by the chief director of Center for BrainHealth, Dr. Sandi Chapman, the list features works from leading authors, including numerous BrainHealth Presents speakers.



**Scott Anderson, John Cryan, PhD, & Ted Dinan, MD, PhD** – *The Psychobiotic Revolution: Mood, Food, and the New Science of the Gut-Brain Connection*

**Selena Bartlett, PhD** – *Smashing Mindset: Train Your Brain to Reboot Recharge Reinvent Your Life*

**Sarah-Jayne Blakemore, PhD** – *Inventing Ourselves: The Secret Life of the Teenage Brain*

**Judson Brewer, MD, PhD** – *Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind*

**Sandra Bond Chapman, PhD** – *Make Your Brain Smarter: Increase Your Brain's Creativity, Energy, and Focus*

**Deepak Chopra, MD** – *Abundance: The Inner Path to Wealth*

**David Eagleman, PhD** – *Livewired: The Inside Story of the Ever-Changing Brain*

**Russell Foster, PhD** – *Life Time: Your Body Clock and Its Essential Roles in Good Health and Sleep*

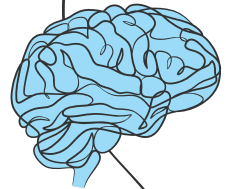
**Adam Gazzaley, MD, PhD, and Larry Rosen, PhD** – *The Distracted Mind: Ancient Brains in a High-Tech World*

**David Gelles** – *Mindful Work: How Meditation Is Changing Business From the Inside Out*

**Sanjay Gupta, MD** – *Keep Sharp: Build a Better Brain at Any Age*

**Arianna Huffington** – *Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder*

**Tom Insel, MD** – *Healing: Our Path From Mental Illness to Mental Health*



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**David L. Katz, MD, MPH** – *The Truth About Food*

**His Holiness the Dalai Lama and Archbishop Desmond Tutu with Douglas Abrams** – *The Book of Joy: Lasting Happiness in a Changing World*

**Bruce Mau** – *MC24: Bruce Mau's 24 Principles for Designing Massive Change in Your Life and Work*

**Admiral William H. McRaven (U.S. Navy Retired)** – *The Hero Code: Lessons Learned from Lives Well Lived*

**Michael Merzenich, PhD** – *Soft-Wired: How the New Science of Brain Plasticity Can Change Your Life*

**Lisa Mosconi, PhD** – *The XX Brain: The Groundbreaking Science Empowering Women to Maximize Cognitive Health and Prevent Alzheimer's Disease*

**Vivek H. Murthy, MD** – *Together: The Healing Power of Human Connection in a Sometimes Lonely World*

**Ian Robertson, PhD** – *How Confidence Works: The New Science of Self-Belief*

**Ian Robertson, PhD** – *The Stress Test: How Pressure Can Make You Stronger and Sharper*

**Dean and Ayesha Sherzai, MD** – *The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age*

**Wendy Suzuki, PhD** – *Good Anxiety: Harnessing the Power of the Most Misunderstood Emotion*

**Matthew Walker, PhD** – *Why We Sleep: Unlocking the Power of Sleep and Dreams*

