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Today, we know that our brains and nervous systems change throughout our lifetimes. This concept of neuroplasticity has captured the imagination of a public eager for self-improvement—and has inspired countless Internet entrepreneurs who peddle dubious "brain training" games and apps. In this book, Moheb Costandi offers a concise and engaging overview of neuroplasticity for the general reader, describing how our brains change continuously in response to our actions and experiences.

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Great book. I have taken one class in neuroscience during my undergraduate degree, this was an excellent refresher on how the brain works. You don't really need to know anything about the brain before reading this book, although for more experienced readers, there is plenty to take back from this book as well.

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