

NEW YORK TIMES BESTSELLER

NORMAN DOIDGE, M.D.

Author of

THE BRAIN THAT CHANGES ITSELF

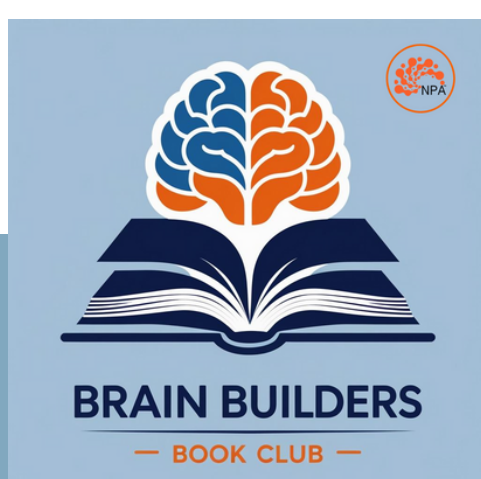


The
BRAIN'S WAY
of HEALING

REMARKABLE DISCOVERIES

and RECOVERIES FROM *the*

FRONTIERS *of* NEUROPLASTICITY



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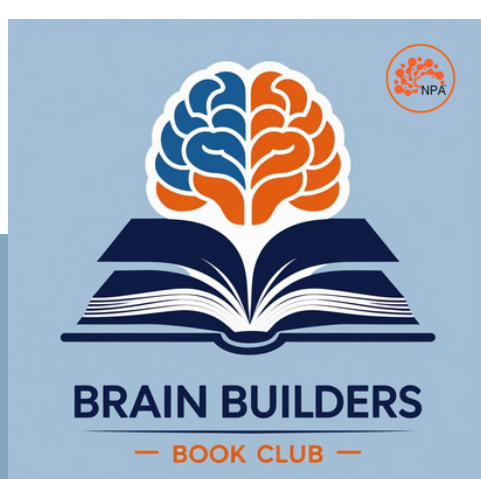
THE
NEUROPLASTICITY
ALLIANCE

Discussion Guide

The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity

Author: Norman Doidge, M.D., F.R.C.P
Genre: Non-Fiction Science, Psychology
Published March, 2025

- 1 Many of the early stories focus on individuals overcoming significant neurological conditions. Which case study (e.g., chronic pain, Parkinson's, MS) impacted you most, and why?
- 2 Chapter 1 emphasizes energy-based therapies (light, sound, vibration). Were you surprised to learn how these can be harnessed for healing?
- 3 The book frequently highlights the role of perseverance and patient engagement in recovery. How do these stories reshape the idea of what 'treatment' should look like?
- 4 Chapter 7 explores healing methods for conditions like autism and cognitive decline. How do these examples deepen or complicate your view of neuroplasticity?
- 5 Doidge stresses the role of the environment—both sensory and social—in shaping the brain. How does this idea connect with your own experiences of learning or recovery?



6

How does Doidge's style of combining neuroscience with personal narratives affect your trust in the material? Does it make the science more relatable, or do you feel it risks oversimplification? Did Doidge present enough evidence to convince you?

7

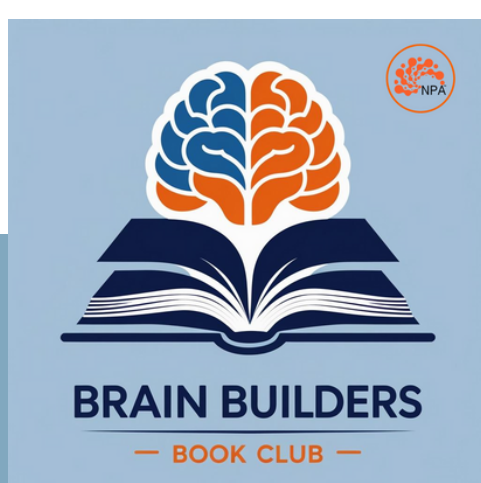
The stories often highlight practitioners who think outside traditional models. What does this suggest about the relationship between innovation and mainstream medicine?

8

By the end of the book, Doidge suggests that neuroplastic healing is not just about recovery, but also about optimizing brain function. How might this change how we think about health and aging?

9

After finishing the book, what do you think is the most significant implication of neuroplasticity for the future of healthcare?



About the Author



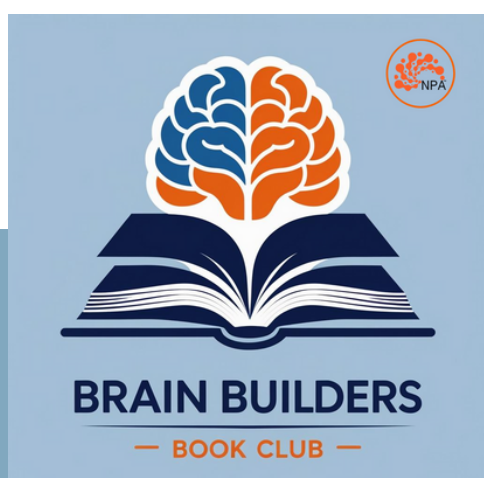
Norman Doidege M.D.

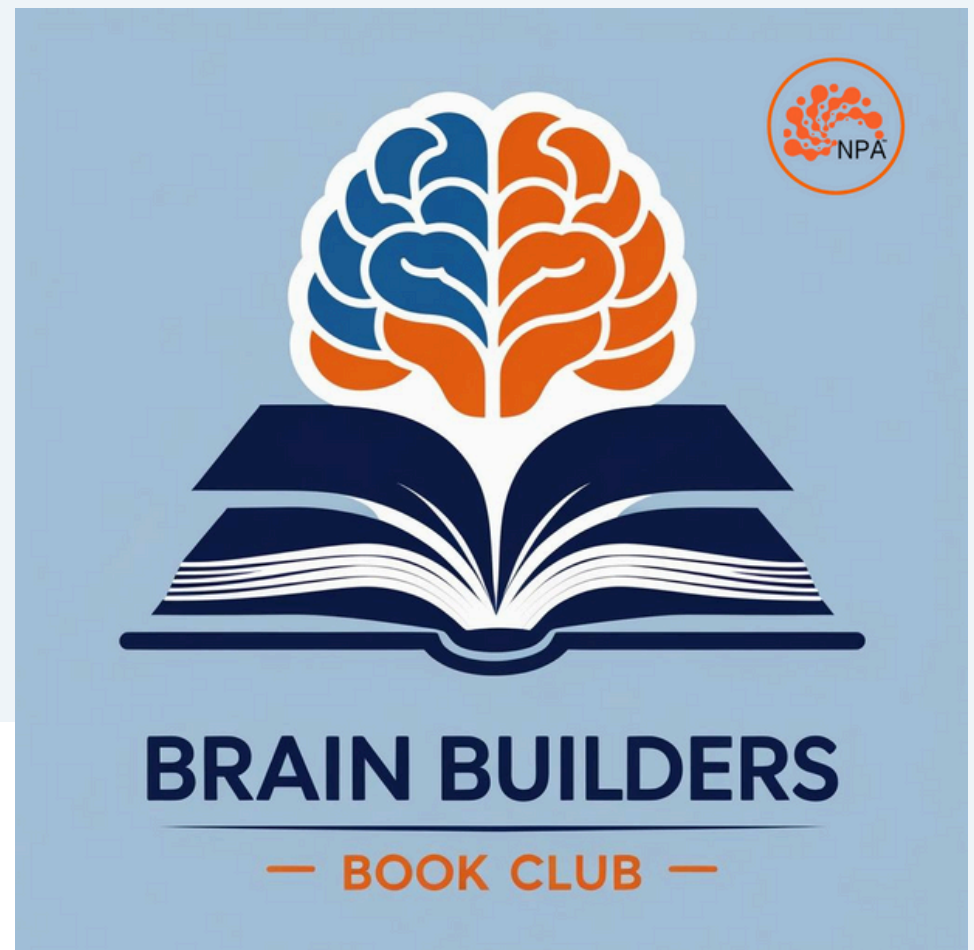
Norman Doidge, M.D., F.R.C.P. (C) is a psychiatrist, psychoanalyst, researcher, author, essayist and poet. For thirty years he was on faculty at the University of Toronto's Department of Psychiatry, and Research Faculty at Columbia University's Center for Psychoanalytic Training and Research, Columbia University, in New York. Currently, he is a Training and Supervising Analyst (a trainer of psychoanalysts) at the Toronto Institute of Psychoanalysis. He is the author of two New York Times Bestsellers - *The Brains Way of Healing* (2015) and *The Brain that Changes Itself* (2007). He lives in Toronto.

Along with his work on neuroplasticity and the brain, he has published and taught on trauma, problems in love, eating disorders, learning disorders, psychiatric diagnoses and the efficacy of intensive psychotherapies, and is the author of chapters on research-based standards and guidelines for the practice of intensive psychotherapy that have been used in Canada. He was on the Editorial Board of the Journal of the American Psychoanalytic Association and a peer reviewer for The Harvard Review of Psychiatry.

After winning the E.J. Pratt Prize for Poetry at age 19, Doidge won early recognition from the literary critic Northrop Frye, who wrote that his work was “really remarkable... haunting and memorable.” At the University of Toronto, he studied classics and philosophy, and graduated with high distinction, then earned his medical degree. In New York, he simultaneously completed psychiatric and psychoanalytic training at the Columbia University Department of Psychiatry, followed by two years as a Columbia-National Institute of Mental Health Research Fellow, studying research techniques, and another year as a Clinical Fellow in Psychiatry at Columbia.

Learn more about Dr. Norman Doidge at: normandoidge.com.





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