



daily GOOD

Change is the end result of all true learning. --Leo Buscaglia

You Can Grow New Brain Cells

Can we, as adults, grow new neurons? Neuroscientist Sandrine Thuret says that we can, and she offers research and practical advice on how we can help our brains better perform neurogenesisimproving mood, increasing memory formation and preventing the decline associated with aging along the way.

Be The Change:

Learn more about how the damaged brain can sometimes repair itself.