

A black and white photograph of a woman's face in profile, looking out of a window. The window shows a view of a city with buildings and a body of water under a bright sky.

A neuroscientist's
journey through
PTSD and
womanhood

SHADOW BRAIN

a memoir

Apryl E. Pooley



Shadow Brain A Neuroscientist S Journey Through Ptsd And Womanhood

Hillary T James



Shadow Brain A Neuroscientist S Journey Through Ptsd And Womanhood:

Shadow Brain Apryl Pooley, 2015-02-17 At the age of 17 Apryl E Pooley woke up in a fraternity house with no recollection of the past 16 hours and paralyzed from the neck down What followed was more than the loss of innocence it was a hurtling out of childhood and into the unfamiliar life and brain of a broken woman It wasn't until her first year in a neuroscience PhD program that she learned PTSD is more than a military issue Her newfound knowledge led to Apryl's PTSD diagnosis after nearly a decade of living with the disorder and she devoted the remainder of her life's research to understanding the effects of trauma on the brain She aimed to find a cure for herself and for others but it wasn't her scientific knowledge of PTSD led to healing it was sharing her personal story Of rape Of abuse Of addiction *Shadow Brain* describes Apryl's unrelenting attempts to escape her mind and body only to find that what she really needed was to travel deep within herself to find the healing answers that were there all along This story provides powerful insight into the range of emotional and psychological consequences of trauma and most importantly hope that the strength of the human spirit body and brain can prevail through the most difficult times Forthcoming Books Rose Arny, 1997 *Alchemy of the Mind* Hillary T James, 2024-10-19 Dive into an adventurous expedition with *Alchemy of the Mind* Pioneering Women in Neuroscience by Hillary T James This special report is not just a dry delineation of technical details but an inspirational journey through the remarkable world of neuroscience James tells the powerful tales of revolutionary women in neuroscience who overstepped societal norms and preconceived notions to pave the way for a new understanding of the mind Delicately balanced between scientific inquiry and human interest this report is meant for readers keen to embrace the adventure of scientific discovery without being overwhelmed by technical complexities What to Expect An engaging narrative that interweaves the lives of groundbreaking women neuroscientists and their indispensable contributions to the field A journey that travels from the earliest pioneering women neuroscience to the present day torchbearers Accessible explanations of the fundamental concepts and milestones in neuroscience An inspiring overview of the women who are leading the charge in advancing our knowledge about the brain its structure function and potential for healing A look into the promising future of neuroscience invigorated by the potential of AI and the inspiring work of upcoming women neuroscientists So why wait Embark on this enlightening journey nurture your intellect fuel your curiosity and let your inspiration bloom This special report is guaranteed to grip your imagination while enlightening you on one of the most complex structures known to mankind the human brain You're just a click away from exploring the magnificent universe that is your mind **Shadows Bright as Glass** Amy Ellis Nutt, 2011-04-05 On a sunny fall afternoon in 1988 Jon Sarkin was playing golf when without a whisper of warning his life changed forever As he bent down to pick up his golf ball something strange and massive happened inside his head part of his brain seemed to unhinge to split apart and float away For an utterly inexplicable reason a tiny blood vessel thin as a thread deep inside the folds of his gray matter had suddenly shifted ever so slightly rubbing up against his acoustic nerve Any noise now caused him

excruciating pain After months of seeking treatment to no avail in desperation Sarkin resorted to radical deep brain surgery which seemed to go well until during recovery his brain began to bleed and he suffered a major stroke When he awoke he was a different man Before the stroke he was a calm disciplined chiropractor a happily married husband and father of a newborn son Now he was transformed into a volatile and wildly exuberant obsessive seized by a manic desire to create art devoting virtually all his waking hours to furiously drawing painting and writing poems and letters to himself strangely detached from his wife and child and unable to return to his normal working life His sense of self had been shattered his intellect intact but his way of being drastically altered His art became a relentless quest for the right words and pictures to unlock the secrets of how to live this strange new life And what was even stranger was that he remembered his former self In a beautifully crafted narrative award winning journalist and Pulitzer Prize finalist Amy Ellis Nutt interweaves Sarkin s remarkable story with a fascinating tour of the history of and latest findings in neuroscience and evolution that illuminate how the brain produces from its web of billions of neurons and chaos of liquid electrical pulses the richness of human experience that makes us who we are Nutt brings vividly to life pivotal moments of discovery in neuroscience from the shocking rebirth of a young girl hanged in 1650 to the first autopsy of an autistic savant s brain and the extraordinary true stories of people whose personalities and cognitive abilities were dramatically altered by brain trauma often in shocking ways Probing recent revelations about the workings of creativity in the brain and the role of art in the evolution of human intelligence she reveals how Jon Sarkin s obsessive need to create mirrors the earliest function of art in the brain Introducing major findings about how our sense of self transcends the bounds of our own bodies she explores how it is that the brain generates an individual self and how if damage to our brains can so alter who we are we can nonetheless be said to have a soul For Jon Sarkin with his personality and sense of self permanently altered making art became his bridge back to life a means of reassembling from the shards of his former self a new man who could rejoin his family and fashion a viable life He is now an acclaimed artist who exhibits at some of the country s most prestigious venues as well as a devoted husband to his wife Kim and father to their three children At once wrenching and inspiring this is a story of the remarkable human capacity to overcome the most daunting obstacles and of the extraordinary workings of the human mind

Ignite the flame of optimism with Crafted by is motivational masterpiece, Find Positivity in **Shadow Brain A Neuroscientist S Journey Through Ptsd And Womanhood** . In a downloadable PDF format (Download in PDF: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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