

Norman Doidge

Quotes

*Brain, Memories, Games, Long, Analysis, Reading, Helping, People, Littles,
Lasting Change, Health, Soul, Firsts, Action, Haunting, Habit, Ghost, World,
Knowledge, Eight*

Everything having to do with human training and education has to be re-examined in light of neuroplasticity.

~Norman Doidge

Thought changes structure... I saw people rewire their brains with their thoughts, to cure previously incurable obsessions and trauma.

~Norman Doidge

Mind training matters. It is not just a luxury, or a supplementary vitamin for the soul. It determines the quality of every instant of our lives.

~Norman Doidge

Nothing speeds brain atrophy more than being immobilized in the same environment.

~Norman Doidge

Ironically, some of our most stubborn habits and disorders are products of our plasticity.

~Norman Doidge

Neuroplasticity contributes to both the constrained and unconstrained aspects of our nature. It renders our brains not only more resourceful, but also more vulnerable to outside influences.

~Norman Doidge

Because it is a 'use it or lose it' brain, when we develop a map area [in the brain], we long to keep it activated. Just as our muscles become impatient for exercise if we've been sitting all day.

~Norman Doidge

Not all activities are equal... Those that involve genuine concentration - studying a musical instrument, playing board games, reading, and dancing - are associated with a lower risk for dementia.

~Norman Doidge

...an effective psychotherapist or psychoanalyst is a "microsurgeon of the mind" who helps patients make needed alterations in neuronal networks.

~Norman Doidge

We all have what might be called a culturally modified brain, and as cultures evolve, they continually lead to new changes in the brain.

~Norman Doidge

Psychoanalysis is often about turning our ghosts into ancestors.

~Norman Doidge

Analysis helps patients put their unconscious procedural memories and actions into words and into context, so they can better understand them.

~Norman Doidge

We often praise 'the ability to multi-task.' While you can learn when you divide your attention, divided attention doesn't lead to aiding change in your brain maps [lasting changes].

~Norman Doidge

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