

# Neurofitness: A Brain Surgeon's Secrets to Boost Performance and Unleash Creativity

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From the operating room, where he performs some of the riskiest surgeries around, to the lab, where he works on leading clinical trials, Dr. Rahul Jandial is on the cutting edge of the latest advancements in neuroscience. This fascinating book draws on Dr. Jandial's broad-spectrum expertise and brings together the best of various fields—surgery, science, brain structure, the conscious mind—all to explain the bigger picture of brain health and rejuvenation. It is a journey into his operating room, around the world on his surgical missions, inside his laboratory, and to the outer edges of neuroscience to reveal the latest brain breakthroughs that are turning science fiction into reality, translating their implications for everyday life. Busting myths along the way, Jandial helps readers get wired for success at work and school, perform better when the pressure is on, boost memory, control stress and emotions, minimize pain, stick to a healthy eating plan, unleash creativity, raise smarter kids, and stay sharp as they age. Combining the treatment guidelines he gives his patients, the most promising concepts from frontier science, and the smartest super-achiever hacks, he provides practical takeaways for optimizing brain function and leading a healthier, happier, more productive life.

RAHUL JANDIAL, MD, PhD, is a dual-trained brain surgeon and neuroscientist at City of Hope. His nonprofit, the International Neurosurgical Children's Association, performs surgical missions in underserved areas in Central and South America and Eastern Europe. RAHUL JANDIAL, MD, PhD, is a dual-trained brain surgeon and neuroscientist. When he isn't performing brain surgery, he's leading a team of scientists in his Jandial Laboratory at City of Hope doing cutting-edge neuroscience research. An associate professor in the Division of Neurosurgery at City of Hope, the bilingual Dr. Jandial also regularly travels the world to children's hospitals in underserved areas in Central and South America and Eastern Europe to perform surgical missions through International Neurosurgical Children's Association (INCA), a nonprofit he founded in 2003. He is the author of ten academic books and more than 100 papers published in peer-reviewed journals. He lives in Los Angeles, California.

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