



Neuroplasticity Resource List:

Last Name	First Name	Book/ Resource
Doidge MD	Norman	The Brain That Changes Itself
Doidge MD	Norman	The Brain's Way of Healing
Costandi	Moheb	Neuroplasticity
Carter	Rita	The Human Brain Book
Van Der Kolk MD	Bessel	The Body Keeps the Score
Hawkins MD	David R.	Letting Go
Doty MD	James R.	Lessons from the Magic Shop
Dispenza MD	Joe	You are the Placebo
Dispenza MD	Joe	Breaking the Habit of Being Yourself
Dispenza MD	Joe	Becoming Supernatural
Lipton MD	Bruce	You are the Placebo
Maloney Gepfert LMT, MFA, PA-C	Lauryn	nfiheals.com