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The book Brain: The Complete Mind, written by Michael S. Sweeney, is an elegant and informative book I would recommend to any beginning and/or intermediate neuroscientist. I would give this book 5 out of 5 stars since although it is a typical scholarly book, it captivates and intrigues the reader by relating everyday situations to the healthiness of the brain.

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In his latest book, How to Change Your Mind, Michael Pollan writes of his own consciousness-expanding experiments with psychedelic drugs like LSD and psilocybin, and he makes the case for why shaking up the brain's old habits could be therapeutic for people facing addiction, depression, or death.

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The book Brain: The Complete Mind, written by Michael S. Sweeney, is an elegant and informative book I would recommend to any beginning and/or intermediate neuroscientist. I would give this book 5 out of 5 stars since although it is a typical scholarly book, it captivates and intrigues the reader by relating everyday situations to the healthiness of the brain.