



The Brain's Way of Healing – Week 1: Orientation

Begin the book and read until the end of Chapter 2: A Man Walk's off...

Reading Milestone	Thoughts and Actions to Consider Briefly	Supporting Material and Activities
Before beginning the book	<ul style="list-style-type: none"> • What is my intention now as I start to read this book? What do I hope to gain from it? • What do I already know about “the neurons that fire together, wire together” and “physical fitness”? • Have I ever thought that understanding how my brain works may help me to heal or improve some existing neurological problems? • What would the ability to control my health condition mean for me and my family? • Have I thanked Allah and shown gratitude for the opportunity He’s given me to learn and grow? 	<ul style="list-style-type: none"> • Make notes of your intentions and expectations from this book. Don’t forget to return to them at the end of worksheet 4 to compare! • Dua and istighfar. • Academy Book Club and Facebook forum. • Check out this video of the author in action

	<ul style="list-style-type: none"> Are there any negative thoughts or expectations I need to address before I start reading? 	
Chapter 1: Physician Hurt then heal thyself	<ul style="list-style-type: none"> What do I think of the author's view that chronic pain can be unlearned? Do I, or someone I know, have a problem with chronic pain? How does this book make me re-think their condition? Who do I know that might benefit from the hope that this book may bring them? How could I summarise to them what I have read? 	<ul style="list-style-type: none"> Notes from <i>The Oxygen Advantage</i>, or <i>Spark</i> if you have them... Please find one person who has a disability or temporary physical condition. Invite them for a tea or coffee. Talk to them about what you now know...
Chapter 2: A Man Walks Off...	<ul style="list-style-type: none"> Has this book made me re-think about how my body works and the body-brain connection? What about Parkinson's? What if I could walk it off? What did I learn from John Pepper? Do I think that the claims in this book are controversial? Did I disagree with any other book before? How can I test, in a safe controlled manner what is being said? How could I record my or another's progress? 	<ul style="list-style-type: none"> Listen to this in depth video by Norman Doidge Above all take action and commit yourself to moving a little (or a lot) each day!

Productive Muslim Challenge time

This book can be quite overwhelming. To make the most of it, you need to test your abilities and keep re-testing them throughout the month. Use the same principles you read about in *Spark* and *The Oxygen Advantage*. Also if you do not have a health problem but know someone that does, go and share this book with them... you could change their life!