



Head Case: How I Almost Lost My Mind Trying to Understand My Brain

Dennis Cass

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Infiltrating the world of neuroscience, Dennis Cass offers up his own brain to "research," subjecting his mind and body to electric shocks, mind-numbing attention experiments, cigarettes, stress tests of his own devising, and the comedy of Bill Maher. Like a slightly off-kilter George Plimpton, Cass, in his daring exploits, reveals the intricacies of fear, attention, stress, reward, and consciousness from the inside out. Along the way, he weaves in the story of his stepfather's manic depression and drug addiction, in addition to his own problems—which are many. Cass attacks the subject of the human brain with wit and candor, turning popular science into something distinctly human. Head Case is an imperative read for anyone who has ever wondered, *Why am I who I am?*

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Kenneth Roland:

Playing with family within a park, coming to see the ocean world or hanging out with pals is thing that usually you might have done when you have spare time, after that why you don't try issue that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Head Case: How I Almost Lost My Mind Trying to Understand My Brain, you are able to enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh can occur its mind hangout people. What? Still don't obtain it, oh come on its called reading friends.

James Turco:

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