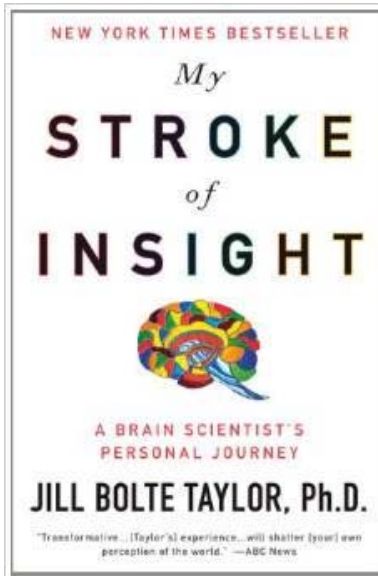


**Advanced Placement Psychology
Summer Reading 2017**

My Stroke of Insight
By Jill Bolte Taylor, Ph.D.
ISBN 978-0452295544



Welcome to A.P. Psychology! This summer, you are expected to read a book that will serve as an introduction to our survey of psychology.

This required reading for A.P. Psychology is Dr. Jill Bolte Taylor's astonishing story that chronicles how a brain scientist's own stroke led to her enlightenment. From Dr. Taylor's website: "Dr. Taylor was a 37-year-old Harvard-trained and published brain scientist when a blood vessel exploded in her brain. Through the eyes of a curious neuroanatomist, she watched her mind completely deteriorate whereby she could not walk, talk, read, write, or recall any of her life. Because of her understanding of how the brain works, her respect for the cells composing her human form, and an amazing mother, Jill completely recovered her mind, brain and body. In *My Stroke of Insight: A Brain Scientist's Personal Journey*, Dr. Taylor shares with us her recommendations for recovery and the insight she gained into the unique functions of the right and left hemispheres of her brain. Having lost the categorizing, organizing, describing, judging and critically analyzing skills of her left brain, along with its language

centers and thus ego center, Dr. Taylor's consciousness shifted away from normal reality. In the absence of her left brain's neural circuitry, her consciousness shifted into present moment thinking whereby she experienced herself "at one with the universe."

"Based upon her academic training and personal experience, Jill helps others not only rebuild their brains from trauma, but helps those of us with normal brains better understand how we can 'tend the garden of our minds' to maximize our quality of life. Jill pushes the envelope in our understanding about how we can consciously influence the neural circuitry underlying what we think, how we feel, and how we react to life's circumstances. Jill teaches us through her own example how we might more readily exercise our right hemispheric circuitry with the intention of helping all human beings become more humane. "I believe the more time we spend running the deep inner peace circuitry of our right brain, then the more peace we will project into the world, and ultimately the more peace we will have on the planet."

It is expected that all A.P. Psychology students will read and annotate *My Stroke of Insight*, have the book with them on the first day of class ready for a discussion, and take a multiple choice and written evaluation by the end of the first week.

Should you have questions regarding the class or the summer reading you may contact Ms. Rodgers (rodgerst@nths.net), Ms. Jerutis (jerutiss@nths.net), or Mr. Atwell (atwellj@nths.net).

Taylor, Jill Bolte. "My Stroke of Insight." *Dr. Jill's Book - Dr. Jill Bolte Taylor*. Transmedia Multiverse, n.d. Web. 15 May 2017.