

# How My Brain Works: A Guide to Understanding It Better and Keeping It Healthy: the interview

*Dr. Barbara Koltuska-Haskin receives international recognition with NYC BIG BOOK AWARD for her book "How My Brain Works:" and is interviewed by its president.*

GLEN RIDGE, NJ, UNITED STATES, January 24, 2023 /EINPresswire.com/ -- "Ever found yourself making 'stupid mistakes?' Maybe searching for the right word or feeling just slower than in the past?

You think 'there's something wrong,' are you 'going crazy?' Relax! You're not going crazy, and this book is just for you."

– Dr. Barbara Koltuska-Haskin

Author Dr. Barbara Koltuska-Haskin receives International Recognition Through the NYC BIG BOOK AWARD®!

Gabby Olczak, President of the the New York City Big Book Award, spoke with multi-award-winning author Dr. Barbara Koltuska-Haskin about her incredible book *How My Brain Works: A Guide to Understanding It Better and Keeping It Healthy*. The full interview can be found at <https://www.independentpressaward.com/thegabtalks/how-my-brain-works-a-guide-to-understanding-it-better-and-keeping-it-healthy> as well as on iHeart Radio, Spotify, Apple Podcasts, etc.

Neuropsychologist Koltuska-Haskin's illuminating debut delineates the elements of neuropsychology and provides a practical model for improving brain health and function.



NYC Big Book Award Distinguished Favorite

Two self-help books in one, the first half of this thorough guide touches on the history of clinical neuropsychology, effective evaluation methods, and the importance of a neuropsychological evaluation.

Koltuska-Haskin clearly explains the stages of a neuropsychological evaluation, taking into account differing circumstances. Technical procedures are outlined in unobtrusive detail. The trickier aspects of medical care, such as insurance and the privacy of medical records under HIPAA, is explained.

The second half of the book offers a variety of holistic methods for boosting brain health with a healthy diet, sleep, exercise, meditation, and other practices.

The award of Distinguished Favorite in the Health and Fitness category in the 2021 NYC Big Book Award is a tribute to the book's achievement in combining a wide range of knowledge essential for optimal brain function with practical advice based on the author's many years experience as one of the nation's leading neuropsychologists.



Dr. Barbara Koltuska-Haskin

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*Dr. Barbara Koltuska-Haskin*

How My Brain Works provides the reader with a basic understanding of this unique organ, advice for anyone concerned about the possibility of a cognitive problem, and the wisdom of the author's experience in helping her many patients keep their brains healthy and functioning at their highest level.

Building on this information, Dr. Koltuska-Haskin offers a wealth of advice and tips on how to build and maintain optimum brain health. Reaching widely into the physical, psychological, nutritional, and spiritual worlds, she pulls together new research as well as age-old treasured learning to create an everyday guide to harnessing our

most powerful mental tools in shaping the healthful and successful lives we all seek.

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#### ABOUT THE AUTHOR

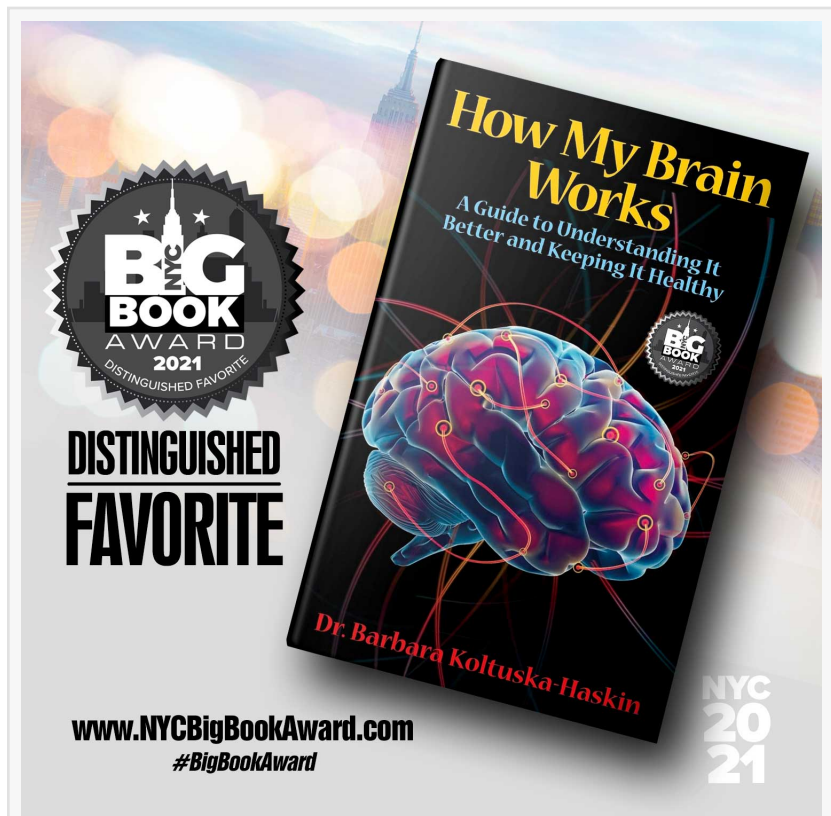
Dr. Koltuska-Haskin is a clinical neuropsychologist in private practice with over 30 years

experience. Along with a doctorate in psychology/neuropsychology, she has a Master of Science in Clinical Psychology and Bachelor of Education. Dr. Koltuska-Haskin was born and raised in Warsaw, Poland. In 1989, she was awarded the American Association of University Women International Fellowship where she spent a year at UCLA's postdoctoral training program in neuropsychology. She later received her US citizenship as an "alien of exceptional abilities" on the basis of her education, research in neuropsychology, and clinical achievements. Dr. Koltuska-Haskin contributes to Psychology Today, and many other known media. On another note, Dr. Koltuska-Haskin is also a classically trained mezzo soprano and earned a degree from the School of Music in Warsaw, Poland. She resides in sunny Albuquerque, New Mexico. The prize-winning title is published by the Golden Word Books imprint of Terra Nova Books ([www.GoldenWordBooks.com](http://www.GoldenWordBooks.com)), an independent publisher in Santa Fe, New Mexico.

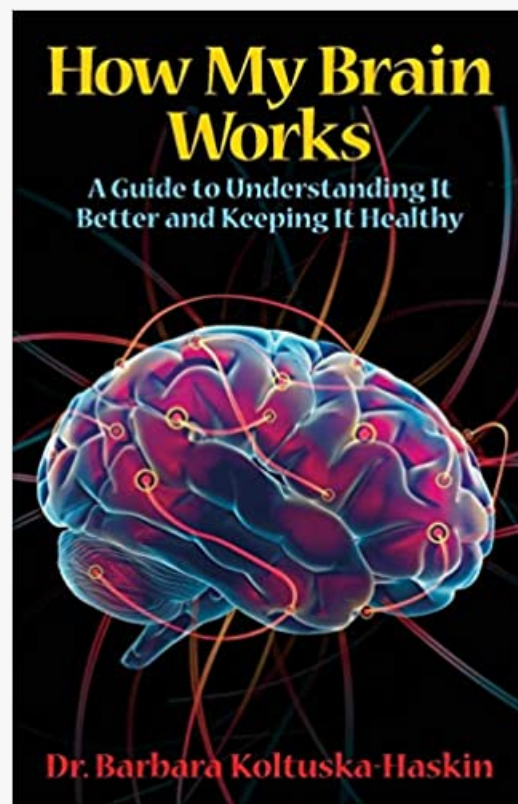
Find out more at the author's website: <https://www.drkoltuska.com/> or contact the author Dr. Koltuska-Haskin directly at [bkoltuska@gmail.com](mailto:bkoltuska@gmail.com)

This is a sponsored message produced by Publisher Ted Olczak for the NYC Big Book Award. Dr. Koltuska-Haskin was recognized by the NYC Big Book Award in 2021:

<https://www.nycbigbookaward.com/2021distinguishedfavorites?lightbox=dataItem-kv58kdel>



AWARDED: How My Brain Works



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