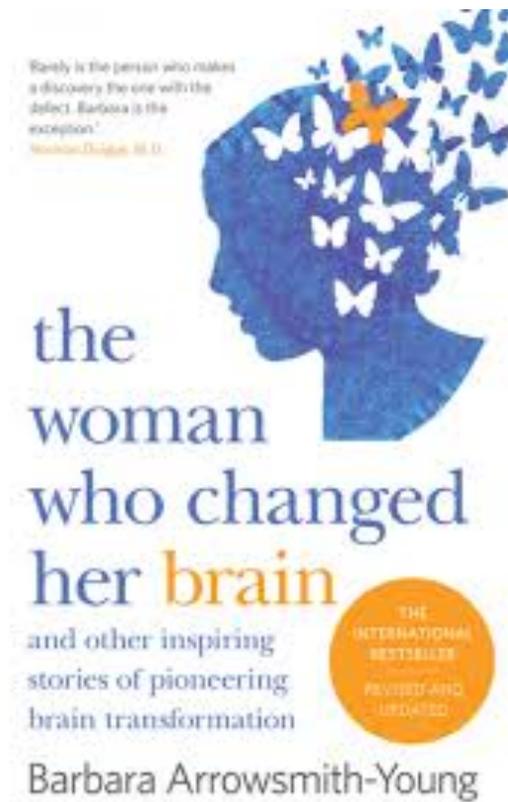


You can read about Barbara's journey in her book
['The woman who changed her brain'](#).



Barbara Arrowsmith-Young