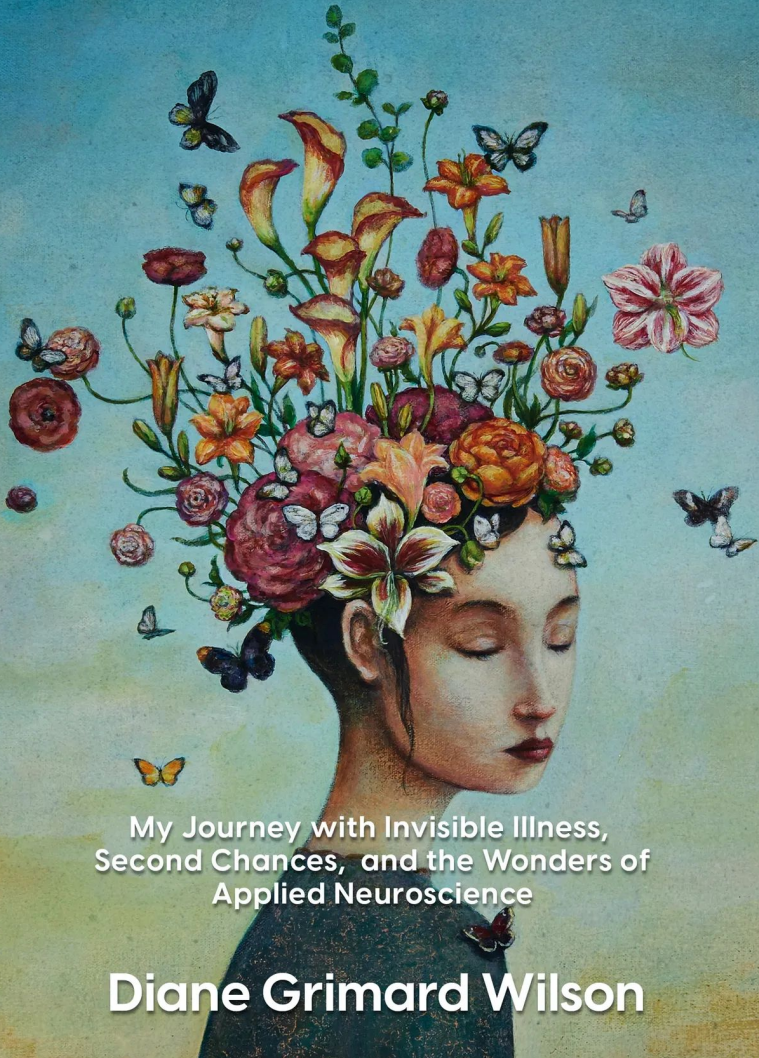


Brain Dance



Brain Dance: My Journey with Invisible Illness, Second Chances, and the Wonders of Applied Neuroscience

Press Kit August 2021

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Diane Grimard Wilson

Author Bio

Diane Grimard Wilson is a Chicago peak performance coach, licensed clinical professional counselor and has a board certification as a fellow in neurofeedback through the Biofeedback Certification International Alliance. She holds certifications in sound therapy and meditation teaching. Her first book, “Back in Control: How to Stay Sane Productive and Inspired in Your Career Transition” was a finalist for the prestigious Nautilus Book Awards honoring literary contributions that also help to make the world a better place.

Diane is a former contributor to the *Chicago Tribune* on work/life issues. An emerging thought-leader in applied neuroscience, her clients include physicians, leaders, executives and performing artists. Diane is host of the “Genius: Sciencing Our Human Potential” podcast where she interviews leaders and other personalities for their human stories on resilience, change and coping with the global pandemic.



Q & A with Author

Q: Who is your book for?

This quote from one of the most powerful leaders in brain health information, Debbie Hampton of "The Best Brain Possible", answers this question perfectly.

"This book is helpful for anyone with a brain - not just a brain injury. When you understand how your brain works and influences everything in your life, you can understand how to help it help you. This book gives us all insight into doing that and not only improving your brain but also your life."

Q: What inspired you to write it?

Human stories are powerful. I wanted the world to understand what brain injury was like, even from a lesser accident, the limited understanding many health care professionals have had with treating it and tools I found that made a huge difference in my full recovery. Memoir gave me room to help readers and listen, laugh, learn and be better for the trip. Oh yes, my story is unusual in that I became an applied neuroscientist as a result of my brain injury. I hope to give others understanding, tools, courage and hope for recovery.

Q: What is the key take-a-way you want readers to have?

Without permission or notice, your life can change. Your magnificent brain has a powerful influence on who you are and both brain injury and training can radically change your life circumstances. Brain awareness and health is so important. There are many tools to help your brain from music to neurofeedback.

Q & A with Author Cont.

Q: Can you tell us something about your book that is not in the summary?

Since we released Brain Dance in mid-May, I have gotten so many notes from people about how readable the book is (“read it in 2 days”), how much they learned and that I could be funny. I didn’t quite anticipate this experience and am very grateful. I am proud of Brain Dance and hope it helps many people.

Q: Tell us something about yourself that not many people know.

I’m pretty geeky – well, that may be obvious. I enjoy learning, coaching, and helping people do their best. I love working with people who are creative and/or who have high stress/high performing jobs. I enjoy people who are funny and also find the humor (not the mean-kind) in situations, myself.

Q: How did you start your writing career?

I started keeping a journal 5 days before my 16 th birthday. I was a sensitive kid growing up and am still, as an adult. Writing helps me understand the world and myself. I love writing. It makes me feel whole in a way that nothing else does.

Q: Describe Brain Dance in four words.

Science reads like novel.

Q: What did you enjoy most about writing Brain Dance?

The long days sequestered away with writing, feeling in flow and listening to my intuition.

Brain Dance Tip Sheet

Description:

Brain Dance is a #1 best-selling medical memoir about my experience with a brain injury, recovery and the work I do now. It outlines my journey through injury to discovering a passion for our magnificent brain and becoming an applied neuroscientist, myself. Brain Dance was released in May 2021. Genre: Non-Fiction, Memoir

Brain Dance Debuted at:

#1 Bestseller on Amazon in Neuroscience

#1 Bestseller on Amazon in Buddhism

Here's what reviewers are saying:

"I think this is a must read for clinicians, TBI clients and their friends and family. It is a very personal story which will help people understand what you and others go through. But it also includes references to science and science-based therapies that can be very helpful for people who have suffered such an injury"- Kathy Abbott, Psy.D.

"Brain Dance is an inspiring journey through the invisible injury of concussion and post-traumatic brain injury... I highly recommend this book for anyone who wants to be inspired to overcome difficulties and set-backs in life. They can happen to any of us in an instant as this book illustrates." - Linda Girgis MD, FAAP, Physicians Weekly Editor-in-Chief

"Wilson's journey will teach you how to influence the parts of the brain that we usually can't. Her empathic descriptions and science driven approaches apply to athletes and individuals of all ages. Learn how to heal from a concussion and make your brain dance." -Leah Lagos, Author of Heart Breath Mind.

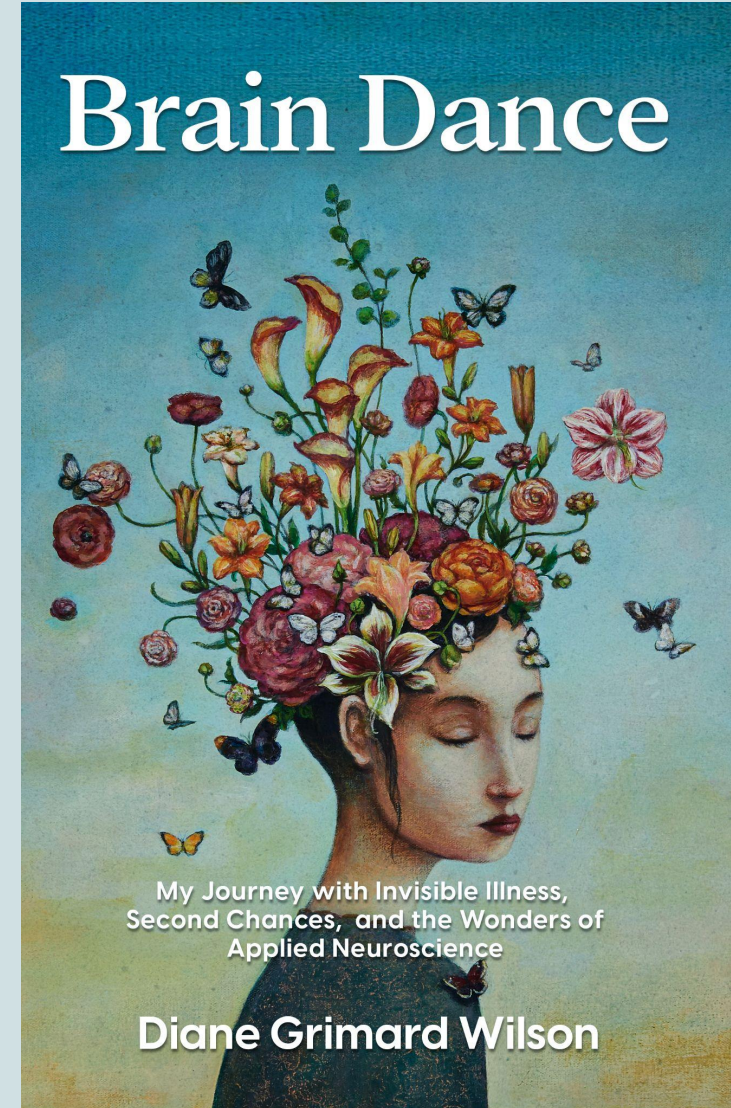
"This is a beautiful book! It is both inspiring and a wealth of information. Structured in a framework for brain injury recovery and brain healing that is unique and powerful." - Ms. Amy Edgar, APRN, CRNP, FNP-C Family Medicine. Allentown PA

Brain Dance Photos



Diane Grimard Wilson Author

Photo by Ann Latinovich



Cover Art "Daydreamer"

Artwork by Duy Huynh

Brain Dance Press Release

FOR IMMEDIATE RELEASE

**Brain Dance by Diane Grimard Wilson Becomes Number One Bestseller in Neuroscience
and Buddhism New Books**

Chicago Author chronicles her journey from traumatic brain injury to a new career

Chicago IL, August 7, 2021: “Brain Dance: My Journey with Invisible Illness, Second Chances, and the Wonders of Applied Neuroscience” by Diane Grimard Wilson has been released worldwide. This 230-page memoir follows the author’s journey from a car accident that caused a concussion through the longer path of diagnosis, treatment, and recovery from an invisible brain injury including both alternative medicine, singing, a retreat with Thich Nhat Hanh and neurofeedback. It became an Amazon number one bestseller in neuroscience and Buddhism in the first week of its release.

Wilson said: “I could never imagine a conversation where I would be able to adequately share what this was like much less to find the words to say it while it was happening. I know there are other people who have experienced things like this too. You feel alone and very helpless. Brain Dance is for anyone who has had a brain injury, bump on the head or has had to restart their life from something you never caused.”

As a mental health professional herself, Diane shares the evolution of a new calling and using her difficult experiences and tools gained for helping others. Reflected in this work are equal parts personal insights, broader advice for those suffering through similar injuries as well as stories to teach us about the brain in sometimes humorous bites. Currently, her practice focuses on peak performance of executives, athletes and creatives.”

Brain Dance (ISBN: 9781736522431) can be purchased through retailers worldwide, including [barnesandnoble.com](https://www.barnesandnoble.com) and Amazon. The paperback retails for \$16.95. Wholesale orders are available through Ingram.

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Press Release Boilerplate

About Brain Dance: My Journey with Invisible Illness, Second Chances, and the Wonders of Neuroscience

It could happen to anyone. One afternoon coming home from the gym, Diane Wilson pulled to a stop at a red light. In an instant, her life changed in ways that could never be reversed. Diane became a person with an invisible injury, that no one would talk about, that affected every second of her life and eventually birthed a new vocation as an applied neuroscientist.

Brain Dance is a captivating and touchingly candid story. It traces Diane's journey through random and sometimes humorous events which shed light on how her brain managed to keep her injury from her, the loss of self, mobility, and focus, an obsession with day-trading retirement funds, and finally non-traditional therapies. These include a retreat with Thich Nhat Hanh, acupuncture, singing, and neurofeedback. She chronicles the gift of her recovery as she now helps people all over the world make the most of their amazing brain.

About Author Diane Grimard Wilson

Diane Grimard Wilson is a Chicago peak performance coach, licensed clinical professional counselor, and has board certification as a fellow in neurofeedback. Her first book, *Back in Control: How to Stay Sane Productive and Inspired in Your Career Transition* was a finalist for the prestigious Nautilus Book Awards and she is a former contributor to the *Chicago Tribune*. Her clients include physicians, leaders, executives, and creatives. Diane is host of the *Genius: Sciencing Our Human Potential* podcast where she interviews leaders and other personalities for their human stories on resilience, change, and coping with the global pandemic. Diane lives in Oak Park, Illinois with her husband, an environmental journalist.

About Publisher MindStir Media

MindStir Media LLC is an award-winning book publisher.



Brain Dance Sell-Sheet

Author Name:

Diane Grimard Wilson

Book:

Brain Dance: My Journey with Invisible Illness, Second Chances and the Wonders of Applied Neuroscience

Ebook ASIN:


B093CKZ8N8

Paperback ISBN-10:

1736522434

Paperback ISBN-13:

978-1736522431



My Journey with Invisible Illness,
Second Chances, and the Wonders of
Applied Neuroscience

Brain Dance Book Excerpt

“My wish is that you will view science as our friend and the brain as this magnificent human organ worthy of our great respect. Many of our social maladies are likely to be improved by optimal brain care for all. And, if you find yourself in a situation in which you can help someone who needs a second chance to learn and grow, that you will do that.

These events are based on my personal recall, which may not be shared by others. Some names and places have been changed; any references to clients and patients are all based on composites, rather than a single case, with any personally identifying details altered to protect their privacy.

My goal is to share my emotional truth of a period of time and events that changed my life. And, in so doing, it hopefully help yours or that of someone you love.

So, let’s go.”

Diane Grimard Wilson. “Brain Dance.” pg. 38.

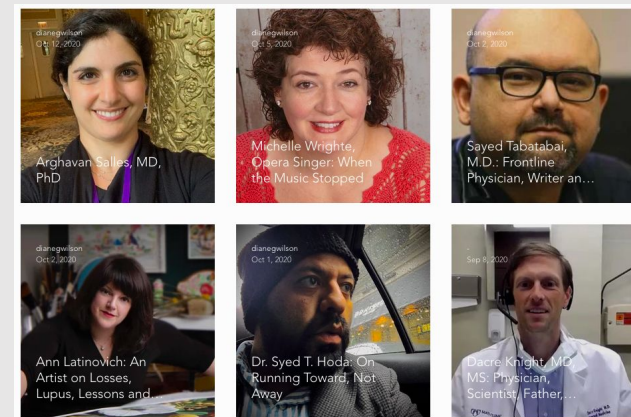
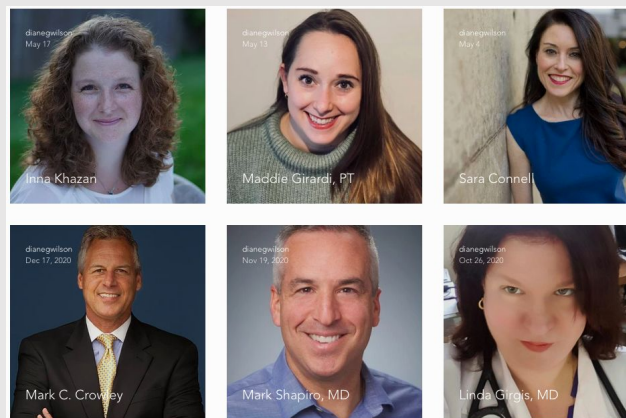
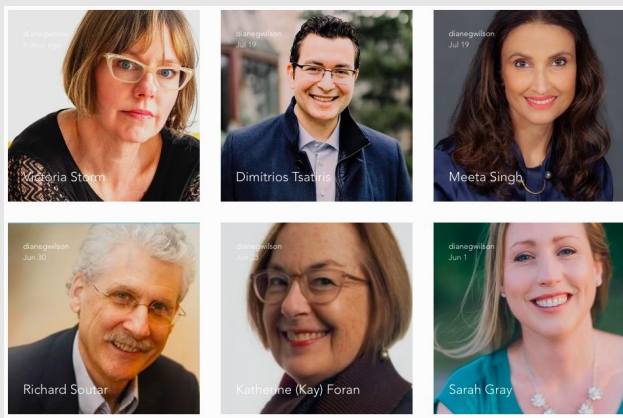


Story Ideas:

- How to Heal Your Post-pandemic Brain with HRV
- How to Use Your Fitbit to Enhance Your Brain Function
- How to Improve Your Post-pandemic Sleep
- Top 3 Things You Can do Right Now to Boost Your Brain Function
- The 3 Things You Probably Do Every Day that Sabotages Your Brain Health
- Tips on How to Mend your Post-pandemic Sleep Health
- How to Supercharge Your Brain in 5 Easy Steps



The best of science, neuroscience, health, learning and human stories. Diane Wilson, LCPC, BCN, applied neuroscientist and coach shares her consuming curiosity by interviewing some of her most fascinating people. These are conversations to help you feel connected, embrace your fears, become more informed, cultivate, and share your own genius, be present, and still look forward with inspiration.



www.GeniusPodcast.Us

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