

Devoted 2 The Grind

Live Well. Train Well. Feel Well

[Book Review] Spark: The Revolutionary New Science of Exercise and the Brain

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Spark fell into my lap in my Jr year of college during my Principals of Movement for Individuals with Disabilities class. Like most college students who are assigned books for a class, I wasn't expecting a interesting read at all. Couldn't have been further from the truth, this is one of those books that you will not want to put down.

Spark: The Revolutionary New Science of Exercise and the Brain by John.J Ratley is a ground breaking investigation on the effects of exercise on the brain. The book reviles chapters on the most common diseases or disabilities in relation to the effects of exercise on these diseases or disabilities. John Ratley says that exercise "does what most psychiatric drugs do: It boosts levels of [serotonin](#) and [norepinephrine](#)."

The book also looks at a newly discovered substance found in the brain known as the brains "miracle grow" called [BDNGF](#) (*Brain-derived neurotrophic factor*)

The book sheds light on the effects of exercise on pregnancy, ADHD, despression, manic disorders, addiction, alzhiemers, aggression, and much more. This unique piece of writing is a real life changer in so many different ways. The book also looks at newly discovered regions in the brain that are traditionally devoted to motor functioning which play critical roles cognitive tasks. This pathway is strengthened through exercise therefore **exercise improves cognitive function**. This book simplifies the process your body goes through on a everyday basis in a very clear and insightful manner.

This Book is must for everyone !