

## Neuroplasticity: Changing our Belief about Change

Written by Joanna Phoenix

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A dangerous belief in our culture is that we can't change. We've all heard the disempowered statements: He's just grumpy. He can't change that, or I will always be anxious. It's the way I was born. While we most certainly have genetic predispositions, the brains of individuals, young and old, can change in amazing ways.

Neuroplasticity is a fancy way of saying that our brains can change. We are not victims of our neurons. We are not set in stone. We are not responsible for our genes. In the same way that germ theory altered the way we look at sanitation and hygiene, I think that spreading the knowledge about our brain's ability to change can alter the way our culture thinks that

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