

## **The Brain Health Workshop Post Workshop Resources and Info**

**VERY IMPORTANT:** Since Dr. Chiu is not your primary care provider, he cannot discuss your personal medical situation. Therefore, BEFORE you decide to take any tests, or purchase any products or supplements, please consult with your doctor.

### **Additional Resources & Information for AFTER completing the Brain Health Workshop**

**1 - Dr. Chiu's Team's Email address:** Bookmark & White list for future announcements

[care@drtituschiu.com](mailto:care@drtituschiu.com)

**2 - Reminder - Links for Root Cause Quiz Pack and Negativity Bias Quiz**

<https://tituscourse.s3.us-west-2.amazonaws.com/materials/Brain-Health-Workshop-Quiz-Pack-All.pdf>

**3 - Suggested Reading** from Week 6 and Post Workshop Wrap Up Call

Man's Search for Meaning - Viktor Frankl

<https://www.amazon.com/Mans-Search-Meaning-Viktor-Frankl-ebook/dp/B009U9S6FI>

The Book of Joy - Dalai Lama, Desmond Tutu, Douglas Abrams

<https://www.amazon.com/Book-Joy-Lasting-Happiness-Changing-ebook/dp/B01CZCW34Q>

The Obstacle is the Way - Ryan Holiday

<https://www.amazon.com/Obstacle-Way-Timeless-Turning-Triumph-ebook/dp/B00G3L1B8K>

Smile for No Good Reason - Dr. Lee Jampolsk

<https://www.amazon.com/Smile-No-Good-Reason-Simple/dp/1571745742>

BrainSAVE - Dr. Titus Chiu

<https://www.amazon.com/BrainSAVE-Concussions-Injuries-without-Surgery/dp/1732334404>

Any books from Dr. David Perlmutter

<https://www.amazon.com/s?k=david+perlmutter+books>

**4 - BrainTrain Workshop** - Deeper dive on topics from Week #2

To sign up for the wait list - click below (next available course is probably Fall 2021)

<https://www.brainsave.com/braintrainlist>

We'll be adding a Link for how to sign up for the wait list

**5 - Application to Work with Dr. Chiu & his Team**

<https://www.brainsave.com/apply>