

Ann-Marie de Lange

The Female Brain. A brain researcher's perspective on women's life stages

Kvinnehjernen. En hjerneforskners blikk på kvinners livsfaser

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Our brains are shaped by hormones, yet science has long ignored how profoundly this affects women.

In *The Female Brain*, cognitive neuroscientist and clinical psychologist Ann-Marie de Lange explores how hormonal rhythms sculpt the female brain across every stage of life, from puberty and the menstrual cycle to pregnancy, motherhood and menopause. Drawing on new research and personal stories, she reveals the astonishing adaptability of the female brain: how it grows stronger, more complex and more resilient through change, loss and transition.

Why do so many women experience brain fog, mood shifts or changes in memory and focus? What really happens inside the brain during pregnancy or menopause? De Lange challenges the long-standing medical bias built on male physiology, offering a new, evidence-based perspective on women's neurological health.

Both enlightening and empowering, *The Female Brain* combines cutting-edge science with lived experience to show that women's biology is not a limitation — it is a source of strength.



Photo: Linda Hindrum

Ann-Marie de Lange is a neuroscientist and clinical psychologist specialising in population neuroscience and applied machine learning. With over ten years of research experience from the University of Oslo, the University of Oxford in the UK, and Lausanne University Hospital in Switzerland, she has a solid and internationally recognized academic background. As head of the research group 'FemiLab', she focuses on how biological, genetic, and environmental factors influence women's brain health throughout life. De Lange has published a number of influential articles and secured funding from research councils both in Norway and Europe. She has also worked actively to make research results available to a wider audience through podcasts, participation in a BBC documentary, and popular science talks such as TEDx.

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