

The Brain Book How To Think And Work Smarter

Multiscale Biomechanical Modeling of the Brain discusses the constitutive modeling of the brain at various length scales (nanoscale, microscale, mesoscale, macroscale and structural scale). In each scale, the book describes the state-of-the- experimental and computational tools used to quantify critical deformational information at each length scale. Then, at the structural scale, several user-based constitutive material models are presented, along with real-world boundary value problems. Lastly, design and optimization concepts are presented for use in occupant-centric design frameworks. This book is useful for both academia and industry applications that cover basic science aspects or applied research in head and brain protection. The multiscale approach to this topic is unique, and not found in other books. It includes meticulously selected materials that aim to connect the mechanistic analysis of the brain tissue at size scales ranging from subcellular to organ levels. Presents concepts in a theoretical and thermodynamic framework for each length scale Teaches readers not only how to use an existing multiscale model for each brain but also how to develop a new multiscale model Takes an integrated experimental-computational approach and gives structured multiscale coverage of the problems

Prostheses for the Brain: Introduction to Neuroprosthetics bridges the disciplines required in the field of neuroprosthetics and provides the interdisciplinary base required for understanding neuroprosthetic devices. It introduces basic aspects from the physical, bioengineering and medical perspectives, and forms a common knowledge base. It provides the entrance to the field and sets realistic expectations, both regarding potentials as well as limitations, for the devices in both design and outcomes. The book additionally reviews the technology behind the most frequently used and most clinically successful neuroprosthetic devices. It provides the physiological background for their function, as well as the technology behind them. Finally, the authors suggest future possible developments that may play crucial role in new prostheses for the brain. This gives the reader a comprehensive view on the principles and applications of neuroprostheses. This book has been built from the authors course they teach on neuroprostheses and is ideal for students, engineers and medical professionals in this field. Introduces the general principles of conductivity of electrolytes and the processes at the tissue–electrode interface Describes safety issues and regulatory rules, clarifies conceptual differences between stimulating and sensing electrodes Reviews stimulation strategies, tissue reactions, potential medical complications, brain adaptations and the clinically most successful applications of neuroprostheses

A paradigm-shifting approach to treating mental disorders like anxiety, depression, and ADHD with food and nutrients, by two leading scientists who share their original, groundbreaking research with readers everywhere for the first time.

The brain ... There is no other part of the human anatomy that is so intriguing. How does it develop and function and why does it sometimes, tragically, degenerate? The answers are complex. In *Discovering the Brain*, science writer Sandra Ackerman cuts through the complexity to bring this vital topic to the public. The 1990s were declared the "Decade of the Brain" by former President Bush, and the neuroscience community responded with a host of new investigations and conferences. *Discovering the Brain* is based on the Institute of Medicine conference, *Decade of the Brain: Frontiers in Neuroscience and Brain Research*.

Discovering the Brain is a "field guide" to the brain--an easy-to-read discussion of the brain's physical structure and where functions such as language and music appreciation lie. Ackerman examines How electrical and chemical signals are conveyed in the brain. The mechanisms by which we see, hear, think, and pay attention--and how a "gut feeling" actually originates in the brain. Learning and memory retention, including parallels to computer memory and what they might tell us about our own mental capacity. Development of the brain throughout the life span, with a look at the aging brain. Ackerman provides an enlightening chapter on the connection between the brain's physical condition and various mental disorders and notes what progress can realistically be made toward the prevention and treatment of stroke and other ailments. Finally, she explores the potential for major advances during the "Decade of the Brain," with a look at medical imaging techniques--what various technologies can and cannot tell us--and how the public and private sectors can contribute to continued advances in neuroscience. This highly readable volume will provide the public and policymakers--and many scientists as well--with a helpful guide to understanding the many discoveries that are sure to be announced throughout the "Decade of the Brain."

Understanding the Brain: From Cells to Behavior to Cognition

The Better Brain Book

The Little Book of Big Stuff About the Brain

The Brain and Pain

Cognitive Neuroscience

Big Brain Book

How does the brain control the rest of the body? How does it enable the senses, regulate speech, affect balance, and influence sleep and dreams? These 30 full-page illustrations to color help explain every aspect of the brain's big job, from communicating with the central nervous system to retaining memories.

For women, understanding how the brain works during the key stages of life - in utero, childhood, puberty and adolescence, pregnancy and motherhood, menopause and old age - is essential to their health. Dr Sarah McKay is a neuroscientist who knows everything worth knowing about women's brains, and shares it in this fascinating, essential book. This is not a book about the differences between male and female brains, nor a book using neuroscience to explain gender-specific behaviours, the 'battle of the sexes' or 'Mars-Venus' stereotypes. This is a book about what happens inside the brains and bodies of women as they move through the phases of life, and the unique - and often misunderstood - effects of female biology and hormones. Dr McKay give insights into brain development during infancy, childhood and the teenage years (including the onset of puberty) and also takes a look at mental health as well as the ageing brain. The book weaves together findings from the research lab, case studies and interviews with neuroscientists and other researchers working in the disciplines of neuroendocrinology, brain development, brain health and ageing. This comprehensive guide explores the brain during significant life stages, including: In utero Childhood Puberty The Menstrual Cycle The Teenage Brain Depression and Anxiety Pregnancy and Motherhood Menopause The Ageing Brain

Since Dr. Brizendine wrote *The Female Brain* ten years ago, the response has been overwhelming. This New York Times bestseller has been translated into more than thirty languages, has sold nearly a million copies between editions, and has most recently inspired a romantic comedy starring Whitney Cummings and Sofia Vergara. And its profound scientific understanding of the nature and experience of the female brain continues to guide women as they pass through life stages, to help men better understand the girls and women in their lives, and to illuminate the delicate emotional machinery of a love relationship. Why are women more verbal than men? Why do women remember details of fights that men can't remember at all? Why do women tend to form deeper bonds with their female friends than men do with their male counterparts? These and other questions have stumped both sexes throughout the ages. Now, pioneering neuropsychiatrist Louann Brizendine, M.D., brings together the latest findings to show how the unique structure of the female brain determines how women think, what they value, how they communicate, and who they love. While doing research as a medical student at Yale and then as a resident and faculty member at Harvard, Louann Brizendine discovered that almost all of the clinical data in existence on neurology, psychology, and neurobiology focused exclusively on males. In response to the overwhelming need for information on the female mind, Brizendine established the first clinic in the country to study and treat women's brain function. In *The Female Brain*, Dr. Brizendine distills all her findings and the latest information from the scientific community in a highly accessible book that educates women about their unique brain/body/behavior. The result: women will come away from this book knowing that they have a lean, mean, communicating machine. Men will develop a serious case of brain envy.

An "elegant", "engrossing" (Carol Tavris, Wall Street Journal) examination of what we think we know about the brain and why -- despite technological advances -- the workings of our most essential organ remain a mystery. "I cannot recommend this book strongly enough."--Henry Marsh, author of *Do No Harm* For thousands of years, thinkers and scientists have tried to understand what the brain does. Yet, despite the astonishing discoveries of science, we still have only the vaguest idea of how the brain works. In *The Idea of the Brain*, scientist and historian Matthew Cobb traces how our conception of the brain has evolved over the centuries. Although it might seem to be a story of ever-increasing knowledge of biology, Cobb shows how our ideas about the brain have been shaped by each era's most significant technologies. Today we might think the brain is like a supercomputer. In the past, it has been compared to a telegraph, a telephone exchange, or some kind of hydraulic system. What will we think the brain is like tomorrow, when new technology arises? The result is an essential read for anyone interested in the complex processes that drive science and the forces that have shaped our marvelous brains.

Studies in the Neurology of Music

The Female Brain

The Women's Brain Book

Breakthroughs in Neuroscience

Music and the Brain

A Walk in the Rain with a Brain

Internationally renowned family doctor William Sears and noted neurologist Vincent M. Fortanasce present an accessible, all-ages guide to optimum brain health, from treating depression, anxiety, and ADHD to preventing Alzheimer's and dementia, with or without medication The brain is a complex organ, responsible for our thoughts, our feelings, our hopes and dreams. It's also vulnerable to a host of ailments that negatively impact quality of life, from disorders such as depression, anxiety, and ADHD that can strike at any time to illnesses of aging like Alzheimer's and dementia. The good news is, this diverse set of mental and emotional challenges all stem from the same cause: imbalance in the brain. And getting your brain back in balance--without medication, or in partnership with it--is easier than you think. Whether you're experiencing "normal" mental and emotional burnout or wrestling with diagnosed illness, *The Healthy Brain Book* can help you thrive. It explains: • How what we think can change how well we think • The role of inflammation in the brain, and how food and activity can reverse it • What drugs enhance and suppress the brain's ability to heal itself • Actionable advice to improve your memory, promote learning, and prevent common brain ailments • How to personalize the book's tools for your unique brain For more than 20 years, *The Baby Book* author William Sears' advice has been trusted by millions across the country, and around the world. Now, he and *The Anti-Alzheimer's Prescription* author Vincent M. Fortanasce have put together the essential guide to a clearer, calmer, and happier brain. Laced with relatable personal stories from family members and patients as well as detailed illustrations, *The Healthy Brain Book* weds Fortanasce's deep neurological and psychiatric expertise with Sears' sympathetic bedside manner and reader-friendly writing. Let *The Healthy Brain Book* help you, safely and effectively, "think-change" your brain for a happier and healthier life.

What is the principle purpose of a brain? A simple question, but the answer has taken millennia for us to begin to understand. So critical for our everyday existence, the brain still remains somewhat of a mystery. Gary L. Wenk takes us on a tour of what we do know about this enigmatic organ, showing us how the workings of the human brain produce our thoughts, feelings, and fears, and answering questions such as: How did humans evolve such a big brain? What is an emotion and why do we have them? What is a memory and why do we forget so easily? How does your diet affect how you think and feel? What happens when your brain gets old? Throughout human history, ignorance about the brain has caused numerous non-scientific, sometimes harmful interventions to be devised based on interpretations of scientific facts that were misguided. Wenk discusses why these neuroscientific myths are so popular, and why some of the interventions based on them are a waste of time and money. With illuminating insights, gentle humor, and welcome simplicity, *The Brain: What Everyone Needs to Know(r)* makes the complex biology of our brains accessible to the general reader.

"The dramatic story of the brain's role in creating our world, our experience of it, and ourselves; the basis for a PBS television series by the bestselling David Eagleman. How does a three pound mass of biological matter locked in the dark, silent fortress of the skull produce the extraordinary multi-sensory experience that comprises us, while also constructing reality and guiding us through the endless need to make decisions and determine our judgments and into a future that we are convinced we are shaping? David Eagleman compares the brain to a cityscape with different neighborhoods where neural networks vie for supremacy and determine our behavior in ways we are not always aware or in control of. At the same time, he suggests that the brain works as a storyteller--creating a narrative that allows us to navigate and make sense of a world that it is busy constructing for us"--

The Great Big Brain Book introduces children to what the human brain is all about. Each spread features humorous, bright and engaging artwork, accompanied by accessible yet informative text on the human brain. Get ready to uncover everything you ever wanted to know about the human brain. Your brain is absolutely amazing! They are responsible for absolutely every single thing we do. Every time we breathe, or walk or talk or eat, it's all because of our brilliant brains! When we feel happy or sad, when we drop something, when we run or draw - none of this would be possible without our fantastic brains. Find out how our brains work, how they control the rest of the body and how they change over time. From how they create our memories, to how they help us learn new things and what happens to them when we are asleep, great ready to uncover lots of fascinating facts about the brain. And don't forget to look out for the friendly cat on every page, helping us learn all about our wonderful brains!

Zen and the Brain

Book of the Brain and how it Works

My First Book about the Brain

The Past and Future of Neuroscience

The Better Brain

The Healthy Brain Book

This award-winning science book uses the latest findings from neuroscience research and brain-imaging technology to take you on a journey into the human brain. CGI illustrations and brain MRI scans reveal the brain's anatomy in unprecedented detail. Step-by-step sequences unravel and simplify the complex processes of brain function, such as how nerves transmit signals, how memories are laid down and recalled, and how we register emotions. The book answers fundamental and compelling questions about the brain: what does it mean to be conscious, what happens when we're asleep, and are the brains of men and women different? This is an accessible and authoritative reference book to a fascinating part of the human body. Thanks to improvements in scanning technology, our understanding of the brain is changing quickly. Now in its third edition, *The Human Brain Book* provides an up-to-date guide to one of science's most exciting frontiers. With its coverage of more than 50 brain-related diseases and disorders--from strokes to brain tumors and schizophrenia--it is also an essential manual for students and healthcare professionals.

From the author of the #1 New York Times bestseller *Grain Brain* and New York Times bestseller *Brain Maker*... Loss of memory is not a natural part of aging--and this book explains why. Celebrated neurologist David Perlmutter reveals how everyday memory-loss--misplacing car keys, forgetting a name, losing concentration in meetings--is actually a warning sign of a distressed brain. Here he and Carol Colman offer a simple plan for repairing those problems, clarifying misconstrued connections between memory loss and aging, and regaining and maintaining mental clarity by offering the tools for: Building a better brain through nutrition, lifestyle changes, and brain workouts Coping with specific brain disorders such as stroke, vascular dementia, Alzheimer's, Parkinson's, multiple sclerosis, and Lou Gehrig's disease Understanding risk factors and individually tailoring a diet and supplementary program Features a "Life Style Audit," quizzes, a brain fitness program with the most effective ways to exercise your brain, and a nutritional program that details the best brain food and supplements.

Including a chapter by 2014 Nobel laureates May-Britt Moser and Edvard Moser An unprecedented look at the quest to unravel the mysteries of the human brain, *The Future of the Brain* takes readers to the absolute frontiers of science. Original essays by leading researchers such as Christof Koch, George Church, Olaf Sporns, and May-Britt and Edvard Moser describe the spectacular technological advances that will enable us to map the more than eighty-five billion neurons in the brain, as well as the challenges that lie ahead in understanding the anticipated deluge of data and the prospects for building working simulations of the human brain. A must-read for anyone trying to understand ambitious new research programs such as the Obama administration's BRAIN Initiative and the European Union's Human Brain Project, *The Future of the Brain* sheds light on the breathtaking implications of brain science for medicine, psychiatry, and even human consciousness itself. Contributors include: Misha Ahrens, Ned Block, Matteo Carandini, George Church, John Donoghue, Chris Eliasmith, Simon Fisher, Mike Hawrylycz, Sean Hill, Christof Koch, Leah Krubitzer, Michel Maharbiz, Kevin Mitchell, Edvard Moser, May-Britt Moser, David Poeppel, Krishna Shenoy, Olaf Sporns, Anthony Zador.

From the New York Times bestselling author of *The Love Hypothesis* comes a new STEMinist rom-com in which a scientist is forced to work on a project with her nemesis--with explosive results. Like an avenging, purple-haired Jedi bringing balance to the mansplained universe, Bee Königswasser lives by a simple code: What would Marie Curie do? If NASA offered her the lead on a neuroengineering project--a literal dream come true after years scraping by on the crumbs of academia--Marie would accept without hesitation. Duh. But the mother of modern physics never had to co-lead with Levi Ward. Sure, Levi is attractive in a tall, dark, and piercing-eyes kind of way. And sure, he caught her in his powerfully corded arms like a romance novel hero when she accidentally damseled in distress on her first day in the lab. But Levi made his feelings toward Bee very clear in grad school--archenemies work best employed in their own galaxies far, far away. Now, her equipment is missing, the staff is ignoring her, and Bee finds her floundering career in somewhat of a pickle. Perhaps it's her occipital cortex playing tricks on her, but Bee could swear she can see Levi softening into an ally, backing her plays, seconding her ideas..devouring her with those eyes. And the possibilities have all her neurons firing. But when it comes time to actually make a move and put her heart on the line, there's only one question that matters: What will Bee Königswasser do?

The Neuroscience of How, When, Why and Who We Love

The Idea of the Brain

The Future of the Brain

The true story of your amazing brain

The Brain Book

The Human Brain Book

An examination of what makes us human and unique among all creatures—our brains. No reader curious about our “little grey cells” will want to pass up Harvard neuroscientist John E. Dowling’s brief introduction to the brain. In this up-to-date revision of his 1998 book Creating Mind, Dowling conveys the essence and vitality of the field of neuroscience—examining the progress we’ve made in understanding how brains work, and shedding light on discoveries having to do with aging, mental illness, and brain health. The first half of the book provides the nuts-and-bolts necessary for an up-to-date understanding of the brain. Covering the general organization of the brain, early chapters explain how cells communicate with one another to enable us to experience the world. The rest of the book touches on higher-level concepts such as vision, perception, language, memory, emotion, and consciousness. Beautifully illustrated and lucidly written, this introduction elegantly reveals the beauty of the organ that makes us uniquely human.

Each brain finds its own special way -- that's the message in this delightful, colorful story by America's foremost expert on learning and childhood development. Edward Hallowell, M.D., is a noted psychiatrist and teacher and a leading authority on attention deficit/hyperactivity disorder. At many of his lectures worldwide he has read a story he wrote for children about how each person's brain is unique -- and it has resonated among the thousands of parents, teachers, and others who have heard it. A Walk in the Rain with a Brain is the illustrated version of that story. In it, a little girl named Lucy is making her way down a rainy sidewalk when she spies, of all things, a brain -- Manfred, called Fred -- sitting forlornly in a puddle. The courtly cerebrum asks Lucy for help getting home, and as they walk along she worries that she's not smart enough. "Everyone's smart!" explains Fred. "You just need to find out at what!" Fred reassures her that each child learns and thinks differently -- and that every child has special talents. Charming illustrations and a funny, whimsical story teach children to play and learn in order to find the strengths they have -- and a discussion guide at the end gives parents and educators the background support they need in order to help children understand and discover the sparking individuality of their minds.

A manual for relating to the brain in a revolutionary new way, Super Brain shows you how to use your brain as a gateway for achieving health, happiness, and spiritual growth. The authors are two pioneers: bestselling author and physician Deepak Chopra and Harvard Medical School professor Rudolph E. Tanzi, one of the world's foremost experts on the causes of Alzheimer's. They have merged their wisdom and expertise for a bold new understanding of the “three-pound universe” and its untapped potential. In contrast to the “baseline brain” that fulfills the tasks of everyday life, Chopra and Tanzi propose that, through a person’s increased self-awareness and conscious intention, the brain can be taught to reach far beyond its present limitations. “We are living in a golden age for brain research, but is this a golden age for your brain?” they ask. Super Brain explains how it can be, by combining cutting-edge research and spiritual insights, demolishing the five most widespread myths about the brain that limit your potential, and then showing you methods to: -Use your brain instead of letting it use you -Create the ideal lifestyle for a healthy brain -Reduce the risks of aging -Promote happiness and well-being through the mind-body connection -Access the enlightened brain, the gateway to freedom and bliss -Overcome the most common challenges, such as memory loss, depression, anxiety, and obesity Your brain is capable of incredible healing and constant reshaping. Through a new relationship with your brain you can transform your life. In Super Brain, Chopra and Tanzi guide you on a fascinating journey that envisions a leap in human evolution. The brain is not just the greatest gift that Nature has given us. It’s the gateway to an unlimited future that you can begin to live today.

Do you want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. The Brain (2015) unlocks the key concepts of critical neurological research in language that makes it accessible for the average reader to discover what’s really going on in their heads. Employing elements of neuroscience, psychology, and philosophy, David Eagleman seeks to address the questions that have puzzled philosophers since the onset of human existence. Tackling such questions as whether or not reality exists and what a personality is, The Brain takes you on an intellectual journey that is equal parts fascinating and disturbing.

Prostheses for the Brain

Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being

How the Brain Works

The Brain Fitness Book

Multiscale Biomechanical Modeling of the Brain

Supercharge Your Brain

The simplest, most visual guide to the brain - ever. Are men's and women's brains really different? Why are teenagers impulsive and rebellious? And will it soon be possible to link our brains together via the Cloud? Drawing on the latest neuroscience research, this visual guide makes the hidden workings of the human brain simple to understand. How the Brain Works begins with an introduction to the brain's anatomy, showing you how to tell your motor cortex from your mirror neurons. It moves on to function, explaining how the brain works constantly and unnoticed to regulate heartbeat and breathing, and how it collects information to produce the experiences of sight, sound, smell, taste, and touch. The chapters that follow cover memory and learning, consciousness and personality, and emotions and communication. With clear, easy-to-understand graphics and packed with fascinating facts, 'How the Brain Works' demystifies the complex processes of the human brain.

Designed as a cover to cover read which leaves the reader with a working knowledge of the human brain from its first evolution 2 billion years ago to the present day. A light-hearted look at the brain aimed at a lay audience. It especially focuses on the neurobiology of emotional intelligence and in many ways is the neurobiological explanation of why emotional intelligence is so important to health, wealth and happiness.

A neuroscientist and Zen practitioner interweaves the latest research on the brain with his personal narrative of Zen. Aldous Huxley called humankind's basic trend toward spiritual growth the "perennial philosophy." In the view of James Austin, the trend implies a "perennial psychophysiology"—because awakening, or enlightenment, occurs only when the human brain undergoes substantial changes. What are the peak experiences of enlightenment? How could these states profoundly enhance, and yet simplify, the workings of the brain? Zen and the Brain presents the latest evidence. In this book Zen Buddhism becomes the opening wedge for an extraordinarily wide-ranging exploration of consciousness. In order to understand which brain mechanisms produce Zen states, one needs some understanding of the anatomy, physiology, and chemistry of the brain. Austin, both a neurologist and a Zen practitioner, interweaves the most recent brain research with the personal narrative of his Zen experiences. The science is both inclusive and rigorous; the Zen sections are clear and evocative. Along the way, Austin examines such topics as similar states in other disciplines and religions, sleep and dreams, mental illness, consciousness-altering drugs, and the social consequences of the advanced stage of ongoing enlightenment.

A balanced, scientific, and practical approach to monitoring and maintaining your brain's agility and mental health. How do you expand your brain's skills? How do you keep your brain working at its best as it ages? Bookshelves are full of writing by charismatic authors claiming they have found the answer, whether they are neuroscientists, psychologists, or mystics. The Brain Fitness Book looks at the well-established science and recent scientific revelations, and offers a well-balanced, clear, and colorful practical guide to keeping your brain fit. First, it shows you how your brain works--explaining how memories are stored and recalled, for instance, and how different parts of your brain have different functions. It then gives you practical advice and a whole range of exercises to improve memory and mental agility and keep your brain working to its maximum potential. The book includes mental exercises and activities, featuring challenges from logic puzzles and visual reasoning to language learning and sensory exercises, stimulating as many parts of the brain as possible. As well as mental stimulation, the book highlights the role and importance of sleep, a healthy diet, and physical exercise. An agile, healthy brain is not only less prone to age-related decline, it can also conquer stress, anxiety, and the risk of depression. Keep challenging your mind in new ways with The Brain Fitness Book and maintain your brain.

The Great Big Brain Book

Discovering the Brain

The Brain

Overcome Anxiety, Combat Depression, and Reduce ADHD and Stress with Nutrition

Building a Second Brain

Know Your Own Mind and How to Use it

A workbook-style interactive book to help young students understand their learning profiles.

Music and the Brain: Studies in the Neurology of Music is a collaborative work that discusses musical perception in the context of medical science. The book is comprised of 24 chapters that are organized into two parts. The first part of the text details the various aspects of nervous function involved in musical activity, which include neural and mechanicals aspects of singing; neurophysiological interpretation of musical ability; and ecstatic and synesthetic experiences during musical perception. The second part deals with the effects of nervous disease on musical function, such as musicogenic epilepsy, the amusias, and occupational palsies. The book will be of great interest to students, researchers, and practitioners of disciplines that deal with the nervous system, such as psychology, neurology, and psychiatry.

Who do we love? Who loves us? And why? Is love really a mystery, or can neuroscience offer some answers to these age-old questions? In her third enthralling book about the brain, Judith Horstman takes us on a lively tour of our most important sex and love organ and the whole smorgasbord of our many kinds of love—from the bonding of parent and child to the passion of erotic love, the affectionate love of companionship, the role of animals in our lives, and the love of God. Drawing on the latest neuroscience, she explores why and how we are born to love—how we’re hardwired to crave the companionship of others, and how very badly things can go without love. Among the findings: parental love makes our brain bigger, sex and orgasm make it healthier, social isolation makes it miserable—and although the craving for romantic love can be described as an addiction, friendship may actually be the most important loving relationship of your life. Based on recent studies and articles culled from the prestigious Scientific American and Scientific American Mind magazines, The Scientific American Book of Love, Sex, and the Brain offers a fascinating look at how the brain controls our loving relationships, most intimate moments, and our deep and basic need for connection.

Your brain is your most valuable asset, and yet we are taught so little about it. The one thing that’s involved in all your feelings, thoughts and actions, and you’re never given the manual. Consequently few of us realize our potential. Recent developments in neuroscience demonstrate that your brain is like a muscle; you can increase your brain power, and even change and develop your brain over time. Grounded in scientific research, this book gives you 50 ways to get more from your brain. You’ll gain an understanding of how your brain works and how you can boost your mental performance. You’ll discover how to improve your focus and memory, and how you can enhance your problem-solving skills. You’ll even learn how you can program your brain and keep it younger for longer.

The Brain Building Book

The Elephant in the Brain

The Scientific American Book of Love, Sex and the Brain

A Proven Method to Organize Your Digital Life and Unlock Your Creative Potential

Love on the Brain

Toward an Understanding of Meditation and Consciousness

The definitive guide to keeping your brain healthy for a long and lucid life, by one of the world’s leading scientists in the field of brain health and ageing. The brain is our most vital and complex organ. It controls and coordinates our actions, thoughts and interactions with the world around us. It is the source of personality, of our sense of self, and it shapes every aspect of our human experience. Yet most of us know precious little about how our brains actually work, or what we can do to optimise their performance. Whilst cognitive decline is the biggest long-term health worry for many of us, practical knowledge of how to look after our brain is thin on the ground. In this ground-breaking new book, leading expert Professor James Goodwin explains how simple strategies concerning exercise, diet, social life, and sleep can transform your brain health paradigm, and shows how you can keep your brain youthful and stay sharp across your life. Combining the latest scientific research with insightful storytelling and practical advice, Supercharge Your Brain reveals everything you need to know about how your brain functions, and what you can do to keep it in peak condition.

Pain is an inevitable part of existence, but severe debilitating or chronic pain is a pathological condition that diminishes the quality of life. The Brain and Pain explores the present and future of pain management, providing a comprehensive understanding based on the latest discoveries from many branches of neuroscience. Richard Ambron—the former director of a neuroscience lab that conducted leading research in this field—explains the science of how and why we feel pain. He describes how the nervous system and brain process information that leads to the experience of pain, detailing the cellular and molecular functions that are responsible for the initial perceptions of an injury. He discusses how pharmacological agents such as opiates affect the duration and intensity of pain. Ambron examines new evidence showing that discrete circuits in the brain modulate the experience of pain in response to a placebo, fear, anxiety, belief, or other circumstances, as well as how pain can be relieved by activating these circuits using mindfulness training and other nonpharmacological treatments. The book also evaluates the prospects of procedures such as deep brain stimulation and optogenetics. Current and thorough, The Brain and Pain will be invaluable for a range of people seeking to understand their options for treatment as well as students in neuroscience and medicine.

Easy-to-understand science-based strategies to maximize your brain’s potential. Concerns about memory and other thinking skills are common, particularly in middle age and beyond. Due to worries about declining brain health, some seek out dubious products or supplements purportedly designed to improve memory and other cognitive abilities. Fortunately, scientific research has uncovered a clear- cut set of evidence- based activities and lifestyle choices that are inexpensive or free and known to promote brain and cognitive functioning. John Randolph translates this science in an engaging and accessible way, including the brain- boosting effects of exercise, social activity, mental stimulation, task management strategies, nutrition, and positive self-care. Interwoven with lessons from neuroscience, positive psychology, social and clinical psychology, and habit formation research are powerful self- coaching exercises designed to help the reader incorporate lifestyle changes that promote brain health.

A revolutionary approach to enhancing productivity, creating flow, and vastly increasing your ability to capture, remember, and benefit from the unprecedented amount of information all around us. For the first time in history, we have instantaneous access to the world’s knowledge. There has never been a better time to learn, to contribute, and to improve ourselves. Yet, rather than feeling empowered, we are often left feeling overwhelmed by this constant influx of information. The very knowledge that was supposed to set us free has instead led to the paralyzing stress of believing we’ll never know or remember enough. Now, this eye-opening and accessible guide shows how you can easily create your own personal system for knowledge management, otherwise known as a Second Brain. As a trusted and organized digital repository of your most valued ideas, notes, and creative work synced across all your devices and platforms, a Second Brain gives you the confidence to tackle your most important projects and ambitious goals. Discover the full potential of your ideas and translate what you know into more powerful, more meaningful improvements in your work and life by Building a Second Brain.

Super Brain

Essays by the World’s Leading Neuroscientists

An Illustrated Guide to its Structure, Functions, and Disorders

The Story of You

The Brain Health Book: Using the Power of Neuroscience to Improve Your Life

Up to the 1960s, psychology was deeply under the influence of behaviourism, which focused on stimuli and responses, and regarded consideration of what may happen in the mind as unapproachable scientifically. This began to change with the devising of methods to try to tap into what was going on in the 'black box' of the mind, and the development of 'cognitive psychology'. With the study of patients who had suffered brain damage or injury to limited parts of the brain, outlines of brain components and processes began to take shape, and by the end of the 1970s, a new science, cognitive neuroscience, was born. But it was with the development of ways of accessing activation of the working brain using imaging techniques such as PET and fMRI that cognitive neuroscience came into its own, as a science cutting across psychology and neuroscience, with strong connections to philosophy of mind. Experiments involving subjects in scanners while doing various tasks, thinking, problem solving, and remembering are shedding light on the brain processes involved. The research is exciting and new, and often makes media headlines. But there is much misunderstanding about what brain imaging tells us, and the interpretation of studies on cognition. In this Very Short Introduction Richard Passingham, a distinguished cognitive neuroscientist, gives a provocative and exciting account of the nature and scope of this relatively new field, and the techniques available to us, focusing on investigation of the human brain. He explains what brain imaging shows, pointing out common misconceptions, and gives a brief overview of the different aspects of human cognition: perceiving, attending, remembering, reasoning, deciding, and acting. Passingham concludes with a discussion of the exciting advances that may lie ahead. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

The Brain Book investigates the amazingly complex and intriguing structure that is the human brain. Made up of billions of nerve cells, the brain controls our thoughts, movements, behaviour and emotions. This comprehensive book explores such diverse topics as how we sense the world, consciousness and memory, through to diseases and disorders, the ageing brain and spinal injury repair. Containing the latest medical research, The Brain Book explains in concise, clear language important health issues such as the effects of recreational drugs and medicines on the brain, strokes, tumours and the biological basis of mental illness. Hundreds of colour images, including stunning 3-D illustrations created exclusively for this book, reveal the intricate workings of the brain to show incredible details beyond what the eye can usually see.

It’s a wrinkly, spongy mass the size of a cauliflower that sits in our heads and controls everything we do! Welcome to the world of the brain... What is the brain made of? How does it work? Why do we need one at all? Discover the answers to these questions and much more in this fun, fact-packed introduction to the brain. Filled with colourful illustrations and bite-sized chunks of information, this ebook covers everything from the anatomy of the brain and nervous system to how information is collected and sent around the body. Other topics include how we learn, memory, thinking, emotions, animal brains, sleep, and even questions about the brain that are yet to be answered. With entertaining illustrated characters, clear diagrams, and fascinating photographs, children will love learning about their minds and this all-important organ. The Brain Book is an ideal

introduction to the brain and nervous system. Perfect for budding young scientists, it is a great addition to any STEAM library.

This science ebook of award-winning print edition uses the latest findings from neuroscience research and brain-imaging technology to take you on a journey into the human brain. CGI artworks and brain MRI scans reveal the brain's anatomy in unprecedented detail. Step-by-step sequences unravel and simplify the complex processes of brain function, such as how nerves transmit signals, how memories are laid down and recalled, and how we register emotions. The book answers fundamental and compelling questions about the brain: what does it mean to be conscious, what happens when we're asleep, and are the brains of men and women different? Written by award-winning author Rita Carter, this is an accessible and authoritative reference book to a fascinating part of the human body. Thanks to improvements in scanning technology, our understanding of the brain is changing fast. Now in its third edition, the Brain Book provides an up-to-date guide to one of science's most exciting frontiers. With its coverage of over 50 brain-related diseases and disorders - from strokes to brain tumours and schizophrenia - it is also an essential manual for students and healthcare professionals.

The Brain by David Eagleman (Summary)

Introduction to Neuroprosthetics

How to Think and Work Smarter

Hidden Motives in Everyday Life

How to Maintain a Healthy Brain Throughout Your Life

The neuroscience of health, hormones and happiness

The Brain Book Know Your Own Mind and How to Use it *Routledge*

"This visually astonishing story takes children on a journey into and through the brain. Simple but beautifully illustrated metaphors explain the different jobs that our brains do, and how they use brain cells to accomplish them. From the senses to sleep, memories to making decisions, this book brings the wonder of brains and brain science to life"--Publisher's description.

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Human beings are primates, and primates are political animals. Our brains, therefore, are designed not just to hunt and gather, but also to help us get ahead socially, often via deception and self-deception. But while we may be self-interested schemers, we benefit by pretending otherwise. The less we know about our own ugly motives, the better - and thus we don't like to talk or even think about the extent of our selfishness. This is "the elephant in the brain." Such an introspective taboo makes it hard for us to think clearly about our nature and the explanations for our behavior. The aim of this book, then, is to confront our hidden motives directly - to track down the darker, unexamined corners of our psyches and blast them with floodlights. Then, once everything is clearly visible, we can work to better understand ourselves: Why do we laugh? Why are artists sexy? Why do we brag about travel? Why do we prefer to speak rather than listen? Our unconscious motives drive more than just our private behavior; they also infect our venerated social institutions such as Art, School, Charity, Medicine, Politics, and Religion. In fact, these institutions are in many ways designed to accommodate our hidden motives, to serve covert agendas alongside their "official" ones. The existence of big hidden motives can upend the usual political debates, leading one to question the legitimacy of these social institutions, and of standard policies designed to favor or discourage them. You won't see yourself - or the world - the same after confronting the elephant in the brain.

An Illustrated Guide to its Structure, Function, and Disorders

What Everyone Needs to Know

Activities and puzzles to keep your mind active and healthy

An All-Ages Guide to a Calmer, Happier, Sharper You: A proven plan for managing anxiety, depression, and ADHD, and preventing and reversing dementia and Alzhei