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Thu, 21 Jun 2018 13:16:00 GMT - We tend to trust what goes on in our brains. After all, if you canâ€™t trust your own brain, what can you trust? Generally, this is a good thing â€“ our brain has been wired to alert us to danger, attract us to potential mates, and find solutions to the problems we encounter every day.

Cognitive Distortions: When Your Brain Lies to You (+ PDF ... -

Wed, 29 Oct 2014 01:31:00 GMT - APR 2000 KEEP YOUR BRAIN ALIVE 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness Lawrence C. Katz, Ph.D. & Manning Rubin Illustrations by David Suter

2000 KEEP YOUR BRAIN ALIVE - valdez.dumarsengraving.com -

Mon, 18 Jun 2018 07:35:00 GMT - It is quiet and dark. The theater is hushed. James Bond skirts along the edge of a building as his enemy takes aim. Here in the audience, heart rates increase and palms sweat. I know this to be true because instead of enjoying the movie myself, I am measuring the brain activity of a dozen viewers ...

Why Your Brain Loves Good Storytelling - Ideas and Advice ... -

Wed, 07 Jan 2015 23:59:00 GMT - Brain Rules by John J. Medina is a multimedia project explaining how the brain works. It includes a book, a feature-length documentary film, and a series of interactive tutorials.

Vision | Brain Rules -

Tue, 16 Aug 2016 23:57:00 GMT - The business world is abuzz with mindfulness. But perhaps you havenâ€™t heard that the hype is backed by hard science. Recent research provides strong evidence that practicing non-judgmental, present-moment awareness (a.k.a. mindfulness) changes the brain, and it does so in ways that anyone working ...

Mindfulness Can Literally Change Your Brain - hbr.org -

Tue, 19 Jun 2018 01:22:00 GMT - When neuroscience began to discover more about the brainâ€™s remarkable ability to change, it opened up new ways of thinking about our work with patients. By harnessing the power of neuroplasticity, we can help patients think more clearly, learn more easily, develop greater focus, and manage reactive emotions.

How Does Neuroplasticity Work? [Infographic] - nicabm -

Mon, 30 Apr 2018 14:24:00 GMT - Brain Age: Train Your Brain in Minutes a Day!, JPN also known as Dr.

Kawashima's Brain Training: How Old Is Your Brain? in PAL regions, and Daily DS Brain Training (९१८)