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Fri, 29 Sep 2017 17:18:00 GMT - The first is the anterior cingulate cortex (ACC), a structure located deep inside the forehead, behind the brain's frontal lobe. The ACC is associated with self-regulation, meaning the ability to purposefully direct attention and behavior, suppress inappropriate knee-jerk responses, and switch strategies flexibly.

Mindfulness Can Literally Change Your Brain - hbr.org -

Wed, 12 Apr 2017 23:53:00 GMT - We tend to trust what goes on in our brains. After all, if you can't trust your own brain, what can you trust? Generally, this is a good thing - 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 ... -

Mon, 21 May 2018 03:01:00 GMT - Infographic illustrating how anger is triggered, how it changes the brain, and the impact of stress hormones released in the body.

How Anger Affects the Brain and Body [Infographic] -

Tue, 22 May 2018 09:19:00 GMT - by Hank Pellissier Is clothing crushing us? Are we trapped in tomb-like textiles, exiling our flesh from experiencing the environment? Are we atrophying our epidermis, our senses, our neuro-intelligence?

Nudity Provides Health Benefits for Your Body and Brain ... -

Mon, 21 May 2018 16:15:00 GMT - The brain is an organ that serves as the center of the nervous system in all vertebrate and most invertebrate animals. The brain is located in the head, usually close to the sensory organs for senses such as vision.

Brain - Wikipedia -

Sat, 19 May 2018 23:34:00 GMT - YOUR%BRAIN%ON%YOGA%! By Sat Bir Singh Khalsa, PhD with Jodie Gould Table of Contents About the Author Introduction Chapter 1: Your Brain on Stress

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Mon, 30 Apr 2018 14:24:00 GMT - Neuroplasticity, also known as brain plasticity and neural plasticity, is the ability of the brain to change throughout an individual's life, e.g., brain activity associated with a given function can be transferred to a different location, the proportion of grey matter can change, and synapses may strengthen or weaken over time.

Neuroplasticity - Wikipedia -

- The latest neuroscientific studies show that we have the ability to change and grow our brain even as an adult! This has fascinating implications for our wellbeing and other areas of Positive Psychology. When do you think your last brain cells were born? Before you were born? Or at the age of 6? You ...

Positive Neuroscience: 3 Ways to Wire Your Brain -

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