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a fascinating look at what's rattling around in your skull neuroscience for dummies introduces you to the mind boggling study of the human brain it tracks to the content of a typical introductory neuroscience class at the college level and it's perfect for anyone curious about what makes us tick new technologies and an explosion of research have completely transformed our understanding of memory depression the mind body connection learning and genetics this updated edition still in classic beginner friendly dummies style covers the latest research advances and technologies in the field of neuroscience put some knowledge about the brain into your brain grasp the basic concepts and applications of neuroscience understand the brain's structure and function explore how the brain impacts memory learning and emotions discover how the brain is connected with other physical systems for students and general readers alike neuroscience for dummies is a great way to understand what's going on inside our heads

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adventures in cutting edge ideas about consciousness from bestselling non fiction writer tim parks hardly a day goes by without some discussion about whether computers can be conscious whether our universe is some kind of simulation whether mind is a unique

quality of human beings or spread out across the universe like butter on bread most philosophers believe that our experience is locked inside our skulls an unreliable representation of a quite different reality outside colour smell and sound they tell us occur only in our heads yet when neuroscientists look inside our brains to see what's going on they find only billions of neurons exchanging electrical impulses and releasing chemical substances five years ago in a chance conversation tim parks came across a radical new theory of consciousness that undercut this interpretation this set him off on a quest to discover more about this fascinating topic and also led him to observe his own experience with immense attention out of my head tells the gripping highly personal often surprisingly funny story of tim parks quest to discover more about this fascinating topic it frames complex metaphysical considerations and technical laboratory experiments in terms we can all understand above all it invites us to see space time colour and smell sounds and sensations in an entirely new way the world will feel more real after reading it

an essential guide to help you demystify the complex topic of neurobiology and jump into this fascinating scientific field neurobiology is a notoriously difficult subject but neurobiology for dummies explains the essentials in terms anyone can understand this fun and accessible book covers the fundamentals covering the anatomy physiology and pathology of the nervous system students in fields like neuroscience and pharmacology will get a complete overview of the molecular and cellular mechanisms of the nervous system making it easier to complete coursework and pass exams in introductory neurobiology courses in this updated edition fresh examples highlight the latest research so you'll be prepared with a current understanding of the science whatever your ultimate career destination this dummies guide will help you get neurobiology under your belt get easy to understand explanations of complex topics in neurobiology understand the latest breakthroughs in neurological disease treatments learn about the fascinating ways that the brain and body are interconnected supplement your neurobiology textbook and prepare for your exam this is the perfect resource for students majoring in neuroscience biology cognitive science medicine and beyond with neurobiology for dummies as a supplement you can sail through any introductory neurobiology course

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a visual guide to the human brain with stunning full color images suitable for all the family from age 10

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this book reveals a remarkable paradox what your brain wants is frequently not what your brain needs in fact much of what makes our brains happy leads to errors biases and distortions which make getting out of our own way extremely difficult author david disalvo presents evidence from evolutionary and social psychology cognitive science neurology and even marketing and economics and he interviews many of the top thinkers in psychology and neuroscience today from this research based platform disalvo draws out insights that we can use to identify our brains foibles and turn our awareness into edifying action ultimately he argues the research does not serve up ready made answers but provides us with actionable clues for overcoming the plight of our advanced brains and consequently living more fulfilled lives

this single volume reference provides an alternative to traditional marketing research methods handbooks focusing entirely on the new and innovative methods and technologies that are transforming marketing research and practice including original contributions and case studies from leading global specialists this handbook covers many pioneering methods such as methods for the analysis of user and customer generated data including opinion mining and sentiment analysis big data neuroscientific techniques and physiological measures voice prints human computer interaction emerging approaches such as shadowing netnographies and ethnographies transcending the old divisions between qualitative and quantitative research methods this book is an essential tool for market researchers in academia and practice

the role of a leader has changed drastically since scholars began theorizing about the modern leader contemporary society has and is continuing to evolve existing leadership theories need to adapt to be relevant to the expectations of leaders now that is new leadership theories emerge in their place this book presents new ideas in leadership in the 21st century context as well as new models that explain how individuals enact good leadership this book serves as an opportunity to critique or defend current understandings of leadership and propose new evidence based and theory driven insights into leadership leadership is understood as more complex than an individual influencing another within the broad domains of leadership there are leaders followers leadership processes followership processes teams dyads relationships and context each of these is critical in defining what it is to be a good leader in increasingly complex professional and personal environments this book will encourage authors to make compelling arguments not for how leadership is and has been but rather for how good leadership should be

you probably know that heart disease is the leading cause of death in america and that a heart attack is the most common form of heart disease but did you know that a significant risk factor for a heart attack is high cholesterol controlling cholesterol levels is a vital part of healthy living and it s easier than you might think to keep your cholesterol within safe boundaries reduce your risk of heart attack and improve your odds for a long healthy life if your doctor has told you that you need to get your cholesterol in check if you are concerned about all the fuss surrounding high cholesterol or if you re simply a health conscious individual controlling cholesterol for dummies is the book of choice for you filled with effective solutions for managing cholesterol levels from following a low fat diet to choosing an exercise regimen this friendly guide is a must have for achieving and maintaining healthy cholesterol levels rating your risk of heart disease leading a cholesterol lowering lifestyle determining how low you should go improving your overall health you ll discover how to build a cholesterol lowering diet shed pounds the healthy way make your weight loss menus marvelous and keep track of calories without confusion controlling cholesterol for dummies also reveals the difference between good and bad cholesterol the lowdown on brand name diets how to cut cholesterol through prescription medications vitamins and supplements the added dangers of smoking and the benefits of alcohol in moderation of course how to find an exercise program you like and stick to it ways to cut back on saturated fats the top foods for lowering cholesterol and the foods you must avoid featuring ten important cholesterol sites ten nutrition sites the truth behind common cholesterol myths and a handy nutrition chart for several hundred everyday foods controlling cholesterol for dummies offers reasonable moderate strategies to help you reach your goal you won t turn into an anti cholesterol fanatic you ll simply gain the knowledge you need to lower your cholesterol levels and keep them that way

unlock the astonishing secrets of how your brain remembers learns and thinks explained simply for anyone curious about the mind have you ever wondered how fleeting moments transform into lasting memories or why practice truly makes perfect this essential guide takes you on a captivating journey through the marvels of neuroscience illuminating the science behind how you think learn and remember with absolutely zero jargon or confusing medical terms what s inside from neurons to networks dive into the fascinating building blocks of the brain discover how tiny electrical sparks leap across synapses and reveal how patterns form the roots of learning the science of memory explore why you can remember a favorite song for years but forget a fact in minutes understand how short term memory working memory and long term memory all play different roles and what makes a memory last learning unlocked grasp hebbian learning long term potentiation and why cells that fire together wire together see practical conceptual examples like how repeating an idea or skill rewires your brain for mastery cognition demystified see how attention selects your focus in a noisy room why your mind can only juggle so many ideas at once and how the brain creates mental maps to never get lost emotion decision and control decode how the amygdala colors memory with emotion how dopamine shapes your drive to learn and why your decisions are influenced by invisible brain circuits whether you re a student just starting out a lifelong learner or a professional craving foundational knowledge this step by step guide brings clarity to even the brain s trickiest mysteries perfect for self study homeschooling or as a first textbook for psychology nursing and pre med students imagine effortlessly explaining how neural pathways change every time you study what s really happening when you remember a childhood birthday how the brain encodes new languages or skills the difference between implicit and explicit memory why sleep turbocharges your learning overnight you ll finish this book able to explain core neuroscience concepts in your own words and with a new appreciation for the brain s boundless powers begin your exploration of memory learning and cognition today

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