We Are Our Brains From The Womb To Alzheimers Swaab

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Based groundbreaking new research, We Are Our Brains is a sweeping biography of the human brain, from infancy to adulthood to old age. Renowned neuroscientist D. F. Swaab takes us on a guided tour of the intricate inner workings that determine our potential, our limitations, and our desires, with each chapter serving as an eye-opening window on a different stage of brain development: the gender differences that develop in the embryonic brain, what goes on in the heads of adolescents, how ...

Amazon.com: We Are Our Brains: A Neurobiography of the ...

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We Are Our Brains by D. F. Swaab: 9780812992960 ...

The premise of D.F. Swaab□s book We Are Our Brains is perfectly reflected in its title: thanks to inherited genes and hormones washing over our fetal brains, our future characteristics, talents and limitations are largely established by the time we□re born. By adulthood, there is little about our brains that can be modified.

We Are Our Brains: From the Womb to Alzheimer's by Dick Swaab

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we are our brains | Book Library

Swaab describes how our brains work from their very beginnings in the womb and on through old age and dementia to death and even beyond. He explains how gender differences develop in the embryonic brain, what goes on in the heads of adolescents, and criminals, how moral behaviour develops, how our memories work and how our brains influence our choice of partner. Swaab is not writing to reassure us. In every phase of life much can go wrong.

Book - We Are Our Brains - Letterenfonds

We are our mind and body, integrated together, in relation to our environment. Our brains are the biological information processing substrate on top of which our introspecting mind exists. The mind is brought to life by the brain. If we give general anesthesia to the brain, the mind turns off.

Are 'we' our brains? - Quora

Taking us through every stage in our lives, from the womb to falling in love to old age, Dick Swaab shows that we don't just have brains: we are our brains. About the Author Dick Swaab is a renowned neuroscience researcher who has received international acclaim for his work on sex differences in the brain, Alzheimer's disease and depression.

We Are Our Brains: From the Womb to Alzheimer's: Amazon.co ...

Are we really ready to declare that we are our brains? True, we don□t have adequate explanations yet, and it□s important not to overstate where things are. But that□s where the evidence is ...

The benefits of realising you're just a brain | New Scientist

Hence we are our brains or at least something that takes place inside our brains. Popular culture has likewise been encouraged by evocative, colored, computer images of brain activities construed as mental activities.

We are not our brain: How to break the spell of the ...
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We Are Our Brains eBook by D. F. Swaab - 9780679644378 ...
I have mixed feelings about We Are Our Brains. The author, Dick Swaab, is a professor of neurobiology at Amsterdam University with decades of research experience and many awards to his name, so the book is full of fascinating and intriguing information. Unfortunately, I felt like the delivery was somewhat lacking, leaving me with more

Book review: We Are Our Brains | Inspiring Science
Based groundbreaking new research, We Are Our Brains is a sweeping biography of the human brain, from infancy to adulthood to old age. Renowned neuroscientist D. F. Swaab takes us on a guided tour of the intricate inner workings that determine our potential, our limitations, and our desires, with each chapter serving as an eye-opening window on a different stage of brain development: the gender differences that develop in the embryonic brain, what goes on in the heads of adolescents, how ...

We Are Our Brains: A Neurobiography of the Brain, from the ...
Our sleep is in charge of following up on our daytime experiences, and cleaning up the mess created as we go through our day. It is the time for repairing the damage that occurred in our brain cells when we were active, for managing the waste produced by them, and for storing and organizing experiences.

What Do Our Brains Do While We Sleep? | Relax Melodies
If we put computers in our brains, strange things might happen to our minds. Using a brain-computer interface can fundamentally change our grey matter, a view of ourselves and even how fast our ...

A vivid account of what makes us human. Based groundbreaking new research, We Are Our Brains is a sweeping biography of the human brain, from infancy to adulthood to old age. Renowned neuroscientist D. F. Swaab takes us on a guided tour of the intricate inner workings that determine our potential, our limitations, and our desires, with each chapter serving as an eye-opening window on a different stage of brain development: the gender differences that develop in the embryonic brain, what goes on in the heads of adolescents, how parenthood permanently changes the brain. Moving beyond pure biological understanding, Swaab presents a controversial and multilayered ethical argument surrounding the brain. Far from possessing true free will, Swaab argues, we have very little control over our everyday decisions, or who we will become, because our brains predetermine everything about us, long before we are born, from our moral character to our religious leanings to whom we fall in love with. And he challenges many of our prevailing assumptions about what makes us human, decoding the intricate moral networks that allow us to experience emotion, revealing maternal instinct to be the result of hormonal changes in the pregnant brain, and exploring the way that religious imprinting shapes the brain during childhood. Rife with memorable case studies, We Are Our Brains is already a bestselling international phenomenon. It aims to demystify the chemical and genetic workings of our most mysterious organ, in the process helping us to see who we are through an entirely new lens. Did you know? The father's brain is affected in pregnancy as well as the mother's. The withdrawal symptoms we experience at the end of a love affair mirror chemical addiction. Growing up bilingual reduces the likelihood of Alzheimer's. Parental religion is imprinted on our brains during early development, much as our native language is. Praise for We Are Our Brains Swaab's neurobiography is witty, opinionated, passionate, and, above all, cerebral.Booklist (starred review) A fascinating survey . . . Swaab employs both personal and scientific observation in near-equal measure.Publishers Weekly (starred review) A cogent, provocative account of how twenty-first-century neuroculture has the potential to effect profound medical and social change.Kirkus Reviews

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Everything we think, do, and refrain from doing is determined by our brain. It shapes our potential, our limitations, and our characters. In other words, we don't just have brains; we are our brains. This forceful conclusion is at the heart of pre-eminent brain researcher DF Swaab's international bestseller. It reveals how nearly everything about us - from our sexual orientation to our religious proclivities - is present in our neuronal circuits before we are even born. In short, engaging chapters that combine fascinating and often bizarre case studies and historical examples, Swaab explains what is going on in our brains at every stage of life, from the womb to the radical changes that take place during adolescence to what happens when we fall in love or get Alzheimer's. Provocative, opinionated and utterly convincing, We Are Our Brains illuminates this complex organ's role in shaping every aspect of human existence.

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We are profoundly social creatures--more than we know. In Social, renowned psychologist Matthew Lieberman explores groundbreaking research in social neuroscience revealing that our need to connect with other people is even more fundamental, more basic, than our need for food or shelter. Because of this, our brain uses its spare time to learn about the social world--other people and our relation to them. It is believed that we must commit 10,000 hours to master a skill. According to Lieberman, each of us has spent 10,000 hours learning to make sense of people and groups by the time we are ten. Social argues that our need to reach out to and connect with others is a primary driver behind our behavior. We believe that pain and pleasure alone guide our actions. Yet, new research using fMRI--including a great deal of original research conducted by Lieberman and his UCLA lab--shows that our brains react to social pain and pleasure in much the same way as they do to physical pain and pleasure. Fortunately, the brain has evolved sophisticated mechanisms for securing our place in the social world. We have a unique ability to read other people's minds, to figure out their hopes, fears, and motivations, allowing us to effectively coordinate our lives with one another. And our most private sense of who we are is intimately linked to the important people and groups in our lives. This wiring often leads us to restrain our selfish impulses for the greater good. These mechanisms lead to behavior that might seem irrational, but is really just the result of our deep social wiring and necessary for our success as a species. Based on the latest cutting edge research, the findings in Social have important real-world implications. Our schools and businesses, for example, attempt to minimalize social distractions. But this is exactly the wrong thing to do to encourage engagement and learning, and literally shuts down the social brain, leaving powerful neuro-cognitive resources untapped. The insights revealed in this pioneering book suggest ways to improve learning in schools, make the workplace more productive, and improve our overall well-being.

A leading neuroscientist explains why your personal traits are more innate than you think What makes you the way you are—and what makes each of us different from everyone else? In Innate, leading neuroscientist and popular science blogger Kevin Mitchell traces human diversity and individual differences to their deepest level: in the wiring of our brains. Deftly guiding us through important new research, including his own groundbreaking work, he explains how variations in the way our brains develop before birth strongly influence our psychology and behavior throughout our lives, shaping our personality, intelligence, sexuality, and even the way we perceive the world. Compelling and original, Innate will change the way you think about why and how we are who we are.

New York Times bestseller • Finalist for the Pulitzer Prize "This is a book to shake up the world." —Ann Patchett Nicholas Carr's bestseller The Shallows has become a foundational book in one of the most important debates of our time: As we enjoy the internet's bounties, are we sacrificing our ability to read and think deeply? This 10th-anniversary edition includes a new afterword that brings the story up to date, with a deep examination of the cognitive and behavioral effects of smartphones and social media.

Why our human brains are awesome, and how we left our cousins, the great apes, behind: a tale of neurons and calories, and cooking. Humans are awesome. Our brains are gigantic, seven times larger than they should be for the size of our bodies. The human brain uses 25% of all the energy the body requires each day. And it became enormous in a very short amount of time in evolution, allowing us to leave our cousins, the great apes, behind. So the human brain is special, right? Wrong, according to Suzana Herculano-Houzel. Humans have developed cognitive abilities that outstrip those of all other animals, but not because we are evolutionary outliers. The human brain was not singled out to become amazing in its own exclusive way, and it never stopped being a primate brain. If we are not an exception to the rules of evolution, then what is the source of the human advantage? Herculano-Houzel shows that it is not the size of our brain that matters but the fact that we have more neurons in the cerebral cortex than any other animal, thanks to our ancestors' invention, some 1.5 million years ago,

of a more efficient way to obtain calories: cooking. Because we are primates, ingesting more calories in less time made possible the rapid acquisition of a huge number of neurons in the still fairly small cerebral cortex—the part of the brain responsible for finding patterns, reasoning, developing technology, and passing it on through culture. Herculano-Houzel shows us how she came to these conclusions—making "brain soup" to determine the number of neurons in the brain, for example, and bringing animal brains in a suitcase through customs. The Human Advantage is an engaging and original look at how we became remarkable without ever being special.

A New York Times Editors' Choice A bold new book reveals how we can tap the intelligence that exists beyond our brains—in our bodies, our surroundings, and our relationships Use your head. That's what we tell ourselves when facing a tricky problem or a difficult project. But a growing body of research indicates that we've got it exactly backwards. What we need to do, says acclaimed science writer Annie Murphy Paul, is think outside the brain. A host of "extra-neural" resources—the feelings and movements of our bodies, the physical spaces in which we learn and work, and the minds of those around us" can help us focus more intently, comprehend more deeply, and create more imaginatively. The Extended Mind outlines the research behind this exciting new vision of human ability, exploring the findings of neuroscientists, cognitive scientists, psychologists, and examining the practices of educators, managers, and leaders who are already reaping the benefits of thinking outside the brain. She excavates the untold history of how artists, scientists, and authors—from Jackson Pollock to Jonas Salk to Robert Caro—have used mental extensions to solve problems, make discoveries, and create new works. In the tradition of Howard Gardner's Frames of Mind or Daniel Goleman's Emotional Intelligence, The Extended Mind offers a dramatic new view of how our minds work, full of practical advice on how we can all think better.