

Brain Games

National Geographic has produced three television episodes on the biology, psychology and other interesting parts of the human brain. Each episode has several tests to follow along with on the screen. After completing each test the viewer learns why the human brain behaves in the way that it does. There is no need to feel embarrassed about what we don't know since this is a characteristic of all human beings. It seems that we all have blinds spots and things that we miss in our every day interactions. It turns out that the reality that we construct is an illusion and is filled with many gaps and misunderstanding. Each fifty minute episode focuses on a different aspect of reality and how our brains work to construct them. Towards the end of the program there are a few suggestions to help you improve your long term memory. The library has one copy on DVD.

Posted by Burl C. on May 1, 2012

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