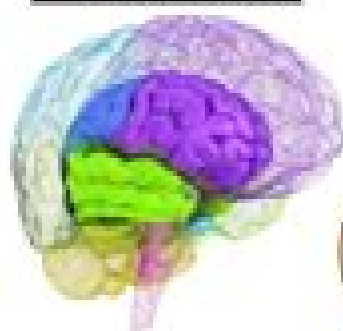
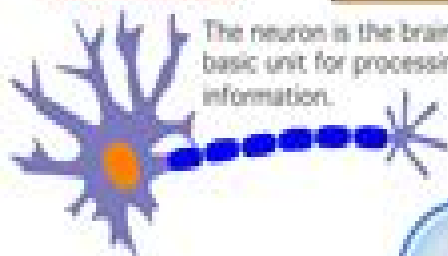


— YOUR AMAZING — BRAIN INFOGRAPHIC



BRAIN CELLS
100 BILLION
NEURONS

The neuron is the brain's basic unit for processing information.



ENERGY
10-23 WATTS

When you are awake, your brain generates enough energy to power a light bulb!



25% OXYGEN
Your brain needs 1/4 of all the oxygen used by the body



SPEED LIMIT
268 MPH

Brain signals travel at speeds between 1-268 miles per hour!



65,000 Thoughts
Every day



In the average adult, the brain represents **2%** of the total **BODY WEIGHT**

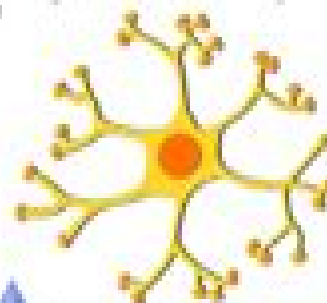


PAIN RECEPTORS



There are no pain receptors in the brain, so it can't feel pain. A headache involves muscles and nerves in your head

NEURAL CONNECTIONS
are made every time you form a memory



OXYTOCIN
The brain chemical which makes you feel LOVE!

HEMISPHERES
LEFT AND RIGHT BRAIN

LOGIC VS. CREATIVITY



Your brain is more active when you are asleep. It is busy processing everything that has happened during the day.



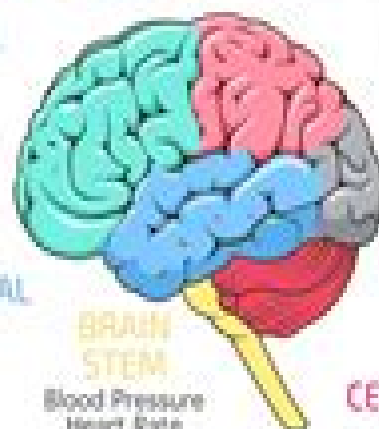
SLEEP

ENERGY CONSUMPTION
Your brain uses **20%** of your total energy



FRONTAL LOBE
Intelligence
Memory
Movement

TEMPORAL LOBE
Behaviour
Hearing
Speech



BRAIN STEM
Blood Pressure
Heart Rate
Breathing
Swallowing

PARIETAL LOBE
Language
Reading
Sensation

OCCIPITAL LOBE
Vision

CEREBELLUM
Balance
Coordination

5-10 MINUTES
A lack of oxygen to the brain for leads to permanent brain damage



BRAIN FOOD

Eat oily fish, chocolate, nuts, eggs and blueberries to boost your brainpower



The Brain 5 Shocking Facts About The Brain

S Ben Porath



The Brain 5 Shocking Facts About The Brain:

20 Fun Facts About the Nervous System Emily Mahoney, 2018-12-15 Have you ever wondered how the brain is able to control so many important things in the human body Or how the spinal cord is structured This volume engrosses and engages reader in this fascinating topic in an easy to follow format that adds to the accessibility of this text Graphic organizers a body system diagram and full color photographs reinforce the science curriculum content contained in each fun fact Even reluctant readers will marvel at all the amazing processes of the nervous system when explained through gross unbelievable and amusing tidbits on each page

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2nd Edition **14 Fun Facts About Ears** Jeannie Meekins, Ears sit on opposite sides of our head They are flappy bits of skin that stick out Sometimes we decorate them with piercings Ears are our own little satellite dishes They pick up sound waves and send them through the ear canal where the tiniest bones and muscles in our body pick up the vibrations and send them further into our ears Through a journey of air and liquid our brains finally get the message and tell us that we have heard something Our ears are also responsible for making sure we don t fall flat on our face Let s see how much you know about ears Can you answer these questions How many parts does your ear have How many types of fluid are supposed to be in your ear Who can hear better babies or adults Can you hear with your bones What does ear wax do Find out more about your ears and amaze your family and friends with these fun facts Ages 8 and up All measurements in American and metric LearningIsland com believes in the value of children practicing reading for 15 minutes every day Our 15 Minute Books give children lots of fun exciting choices to read from classic stories to mysteries to books of knowledge Many books are appropriate for hi lo readers Open the world of reading to a child by having them read for 15 minutes a day *Preach to Yourself* Hayley Morgan,2018-10-02 Break the cycle of doubting yourself take God at His word and talk back with truth a new message of freedom from bestselling coauthor of Wild and Free Hayley Morgan We know Christ came to speak life but then how come our inner critic keeps showing up and stealing the mic If we re honest she s a harsh one saying things we d never dream of saying to others You ll never measure up you ll fail again tomorrow you just can t get it right It has been said that the eighteen inches from head to heart is the soul s longest journey Our head knows the good news is true but our heart struggles to believe it and it is in this gap that we battle to believe the promises of God Hayley Morgan coauthor of bestselling book Wild and Free has wrestled with this tension her whole life In *Preach to Yourself* she tackles it head on to discover how we can renew our minds to renew our lives For every woman who struggles with repetitive negative self talk this book will show you how to identify the toxic loops where you get stuck and replace them with the truth of God we can believe with our whole selves This is not a try harder reprimand it s a believe better invitation to take God at His word when He tells you who you are Come along and learn a simple practice to break free from the lies holding you back and step forward into the fullness of life God has planned The Curious Book of Lists Tracey Turner,2019-10-15 Do you want to know the 12 signs of the zodiac 28 unusual holidays and 49 countries without a coastline Then look no further because *The Curious Book of Lists* by Tracey Turner is absolutely bursting with 263 interesting and informative lists guaranteed to keep you entertained and increase your general knowledge at the same time Discover Ancient Greek monsters animal astronauts dizzying mountain peaks super fast roller coasters and what having itchy hands means for your luck With quirky colorful illustrations by Caroline Selmes this is a great gift purchase but also a book to buy for yourself 14 Fun Facts About Ears: A 15-Minute Book Jeannie Meekins, Ears sit on opposite sides of our head They are flappy bits of skin that stick out Sometimes we decorate them with piercings Ears are our own little satellite dishes They pick up sound waves and send them

through the ear canal where the tiniest bones and muscles in our body pick up the vibrations and send them further into our ears Through a journey of air and liquid our brains finally get the message and tell us that we have heard something Our ears are also responsible for making sure we don't fall flat on our face Let's see how much you know about ears Can you answer these questions How many parts does your ear have How many types of fluid are supposed to be in your ear Who can hear better babies or adults Can you hear with your bones What does ear wax do Find out more about your ears and amaze your family and friends with these fun facts Ages 8 and up All measurements in American and metric The Educational Version has activities that meet Common Core Curriculum Standards LearningIsland.com believes in the value of children practicing reading for 15 minutes every day Our 15 Minute Books give children lots of fun exciting choices to read from classic stories to mysteries to books of knowledge Many books are appropriate for hi-lo readers Open the world of reading to a child by having them read for 15 minutes a day **Schizophrenia: the First Ten Dean Award Lectures** Stanley R. Dean, 1973

Report (Stockton State Hospital (Calif.)). 1863, 1864 **Abnormal Psychology - The Ultimate Guide to Understanding Mental Disorders** ERWIN WIJAYANTO, 2025-08-16 Dive into the fascinating world of Abnormal Psychology with this expertly crafted human written masterpiece designed to captivate readers students and professionals alike Unlike dry AI generated textbooks this book delivers rich engaging and deeply insightful content that makes complex psychological concepts easy to understand and impossible to forget Why This Book is a MUST HAVE Real Life Case Studies Gripping stories that bring theories to life Evidence Based Treatments Latest therapies medications and holistic approaches Reader Friendly Engaging Perfect for students therapists and curious minds Whether you're a psychology student mental health professional or simply fascinated by human behavior this book is your ultimate guide to abnormal psychology packed with expert analysis practical applications and powerful storytelling that keeps readers hooked The New England Journal of Medicine, 1863 *Serotonin and Behavior* Jack Barchas, 2012-12-02 Serotonin and Behavior contains the proceedings of the 1972 symposium on the behavioral effects of changes in brain serotonin held at Stanford University in California The papers explore the role of serotonin in behavior as well as the key biochemical and pharmacological issues involved in behavioral studies of severe psychiatric disorders in both humans and animals The book is organized into eight sections comprised of 65 chapters with topics ranging from the fundamental biochemistry and pharmacology of the enzymes synthesizing serotonin particularly tryptophan hydroxylase and its inhibitors to the physiology and pharmacology of serotonin Some papers discuss the link between the telencephalic content of serotonin and pain sensitivity Other papers focus on the effects of altering serotonin on neurons in the central nervous system There are chapters that explain the effects of altering serotonin on animal behavior the relationship between serotonin and sleep the use of high doses of probenecid to estimate central serotonin turnover in affective disorders and addicts the behavioral and metabolic effects of L-tryptophan in unipolar depressed patients taking methadone and amygdala unit activity as a reflection of functional changes in brain serotonergic

neurons Biochemists pharmacologists psychiatrists psychologists and anyone interested in psychopharmacology will find this book extremely useful *Biennial Reports of the Directors and Medical Visitors and ... Annual Report of the Superintendent of the Insane Asylum Stockton State Hospital (Calif.)*,1864 *The Boston Medical and Surgical Journal* ,1865 **Janice VanCleave's Teaching the Fun of Science to Young Learners** Janice VanCleave,2008-02-25 The book s 75 lessons and reproducible activities touch on all areas of science and provide the key to a world of science magic and mystery While kids will have fun doing the activities and learning to love science they are also being encouraged to develop other skills including reading writing math and art The book is designed to help young students catch the science bug and find the answers for themselves to these and other questions Why do cats have whiskers How does a caterpillar change into a butterfly Why do elephants have such large ears How does a grasshopper grow Why is the skin on my elbows so wrinkled Why does food taste different when I have a cold How can we make perfume from flower petals Why does my shadow change during the day

Entrepreneur Revolution Daniel Priestley,2018-05-11 A no nonsense implementable handbook for taking part in the Entrepreneur Revolution We are living in revolutionary times times with an impact as significant and far reaching as the previous Industrial Revolution was to the Agricultural Age Technological shifts have allowed micro businesses to compete with large corporations Small business can now have a global footprint can be structured in low tax environments move products anywhere in the world and access unprecedented levels of support Entrepreneur Revolution means taking the initiative to do something that you love something that you re good at and something that will make you money This masterclass in gaining an entrepreneurial mindset will show how to change the way you think the way you network and the way you make a living Includes new statistics activities case studies and research Takes a look at how the brain can affect the entrepreneurial mindset Offers new ideas for entrepreneurs starting a new business Helps you shake off old ideas and make a great independent leap forward This inspiring and practical book shows you how to break free from The Industrial Revolution mindset quit working so hard follow your dream and make a fortune along the way [Sleep and Breathing in Children](#) Carole Marcus,John M. Carroll,David Donnelly,Gerald M. Loughlin,2008-02-19 Infants and children spend one to two thirds of their life asleep Despite this very little attention has been paid to understanding both normal sleep and sleep related abnormalities during child development This volume is devoted to breathing during sleep its changes with development from the fetus onwards and the pathophysiology of sleep r

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 - Chapter 2: Essential Elements of The Brain 5 Shocking Facts About The Brain
 - Chapter 3: The Brain 5 Shocking Facts About The Brain in Everyday Life
 - Chapter 4: The Brain 5 Shocking Facts About The Brain in Specific Contexts
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Table of Contents The Brain 5 Shocking Facts About The Brain

1. Understanding the eBook The Brain 5 Shocking Facts About The Brain
 - The Rise of Digital Reading The Brain 5 Shocking Facts About The Brain
 - Advantages of eBooks Over Traditional Books
2. Identifying The Brain 5 Shocking Facts About The Brain
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Brain 5 Shocking Facts About The Brain
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Brain 5 Shocking Facts About The Brain
 - Personalized Recommendations
 - The Brain 5 Shocking Facts About The Brain User Reviews and Ratings
 - The Brain 5 Shocking Facts About The Brain and Bestseller Lists
5. Accessing The Brain 5 Shocking Facts About The Brain Free and Paid eBooks
 - The Brain 5 Shocking Facts About The Brain Public Domain eBooks
 - The Brain 5 Shocking Facts About The Brain eBook Subscription Services
 - The Brain 5 Shocking Facts About The Brain Budget-Friendly Options
6. Navigating The Brain 5 Shocking Facts About The Brain eBook Formats
 - ePub, PDF, MOBI, and More
 - The Brain 5 Shocking Facts About The Brain Compatibility with Devices
 - The Brain 5 Shocking Facts About The Brain Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Brain 5 Shocking Facts About The Brain
 - Highlighting and Note-Taking The Brain 5 Shocking Facts About The Brain
 - Interactive Elements The Brain 5 Shocking Facts About The Brain

8. Staying Engaged with The Brain 5 Shocking Facts About The Brain
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Brain 5 Shocking Facts About The Brain
9. Balancing eBooks and Physical Books The Brain 5 Shocking Facts About The Brain
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Brain 5 Shocking Facts About The Brain
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Brain 5 Shocking Facts About The Brain
 - Setting Reading Goals The Brain 5 Shocking Facts About The Brain
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Brain 5 Shocking Facts About The Brain
 - Fact-Checking eBook Content of The Brain 5 Shocking Facts About The Brain
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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