



Idiot Brain: What Your Head Is Really Up To

Dean Burnett

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A delightful tour of our mysterious, mischievous gray matter from neuroscientist and massively popular *Guardian* blogger Dean Burnett.

The brain may be the seat of consciousness and the engine of all human experience, but it's also messy, fallible, and disorganized. For example, did you know that your memory is egotistical? That conspiracy theories and superstitions are the inevitable effects of a healthy brain? Or that alcohol can actually improve your memory? (Editor's note: please read the book before testing that last conclusion.)

In *Idiot Brain*, Dr. Dean Burnett celebrates blind spots, blackouts, insomnia, and all the other downright laughable things our minds do to us, while also exposing the many mistakes we've made in our quest to understand how our brains actually work. This is the best kind of popular science?lucid, funny, and whip-smart?from a debut author who will be tickling funny bones and firing neurons for a long time to come.

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Yvonne Matz:

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Debra Heffner:

Playing with family in the park, coming to see the marine world or hanging out with friends is thing that usually you might have done when you have spare time, in that case why you don't try point that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Idiot Brain: What Your Head Is Really Up To, you are able to enjoy both. It is good combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout people. What? Still don't obtain it, oh come on its referred to as reading friends.

Louise O'Neill:

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Karen Bergeron:

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