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Sommario/riassunto	"What is the principle purpose of a brain? A simple question, but the answer has taken millennia for us to begin to understand. So critical for our everyday existence, the brain still remains somewhat of a mystery. Gary L. Wenk takes us on a tour of what we do know about this enigmatic organ, showing us how the workings of the human brain produce our thoughts, feelings, and fears, and answering questions such as: How did humans evolve such a big brain? What is an emotion and why do we have them? What is a memory and why do we forget so easily? How does your diet affect how you think and feel? What happens when your brain gets old? Throughout human history, ignorance about the brain has caused numerous non-scientific, sometimes harmful interventions to be devised based on interpretations of scientific facts that were misguided. Wenk discusses why these neuroscientific myths are so popular, and why some of the interventions based on them are a

waste of time and money. With illuminating insights, gentle humor, and welcome simplicity, *The Brain: What Everyone Needs to Know*® makes the complex biology of our brains accessible to the general reader."--
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