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Nota di contenuto	Introduction : the stone age brain meets the information flood -- The information portal -- The mental workbench -- Models of working memory -- The brain and the magical number seven -- Simultaneous capacity and mental bandwidth -- Wallace's paradox -- Brain plasticity -- Does ADHD exist? -- The everyday exercising of our mental muscles -- Computer games -- The Flynn effect -- Neurocognitive enhancement -- The information flood and flow.
Sommario/riassunto	As the pace of technological change accelerates, we are increasingly experiencing a state of information overload. Statistics show that we are interrupted every three minutes during the course of the work day. Multitasking between email, cell-phone, text messages, and four or five websites while listening to an iPod forces the brain to process more and more informaton at greater and greater speeds. And yet the human brain has hardly changed in the last 40,000 years. Are all these high-

