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The Brain Facts Book. Access Brain Facts, a primer on the brain and nervous system, published by the Society for Neuroscience. Brain Facts is a valuable resource for secondary school teachers and students who participate in the Brain Bee. Read the 2018 edition of Brain Facts as a PDF file.

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We recommended keeping a gratitude diary in the book, for example. But that's still a case of using your rational brain—you decide you're going to keep a diary because the research shows that this will help you, thinking about the good things in your life. And that does indeed produce a wonderful emotional response; it's one of the best ...

## **How to Overcome Your Brain's Fixation on Bad Things**

For those who read books about the

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brain, Eagleman's book might be a bit too 'basic', only scratching the surface of neuroscience. But if you are looking for a well written & accessible introduction into 'the workings of the brain', this is definitely a great book to start with.

## **The Brain: The Story of You by David Eagleman**

The book also presents many interesting bits of trivia that, while not crucial to the topic, is an interesting aside. For example, in the "Intelligence" chapter, the book associates intelligence with the brain's ability to process and information accurately and efficiently.

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## **The Female Brain: Louann**

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**Brizendine: 9780767920100:**

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The Other Brain is the story of glia, which make up approximately 85 percent of the cells in the brain. Long neglected as little more than cerebral packing material ("glia" means glue), glia are sparking a revolution in brain science. Glia are completely different from neurons, the brain cells that we are familiar with.

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