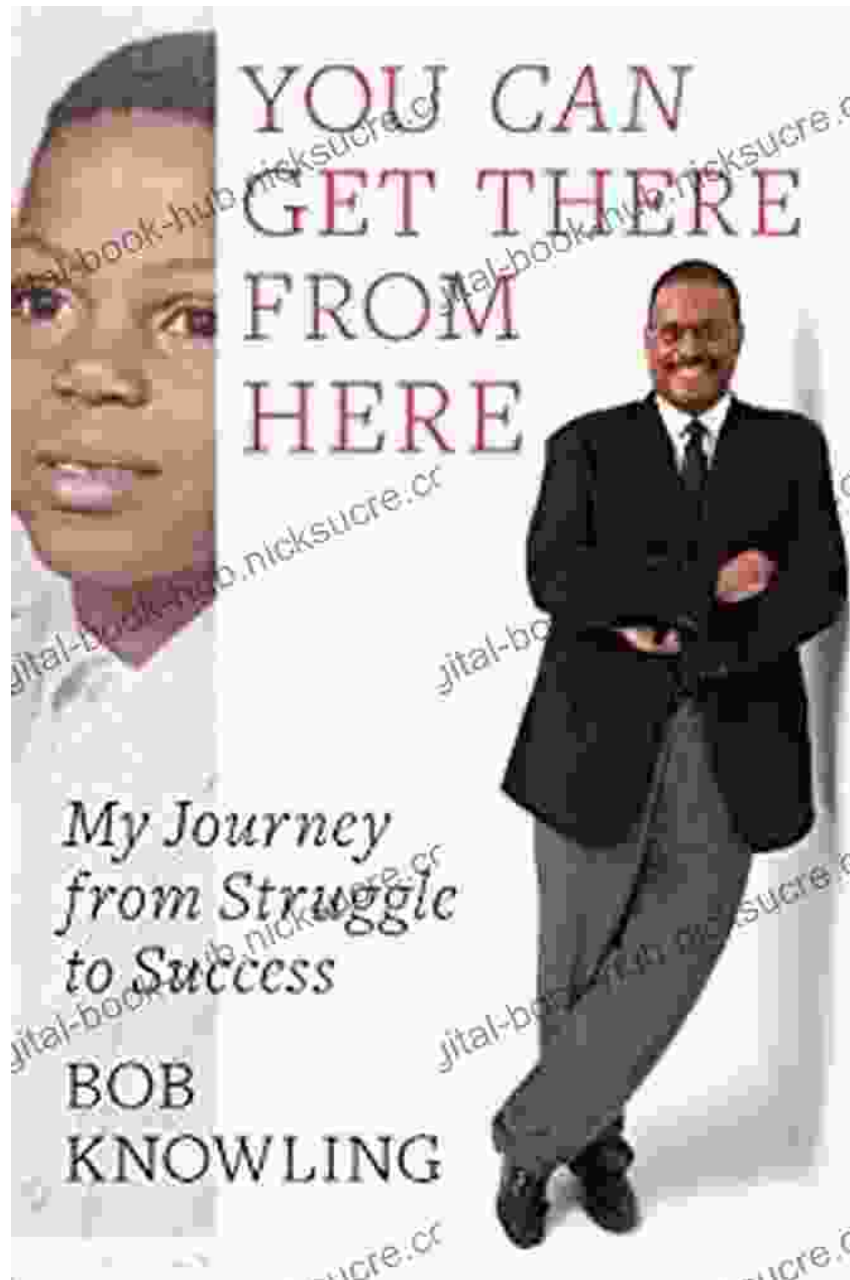


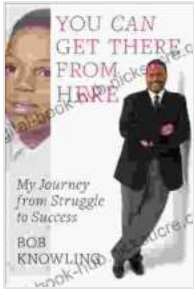
You Can Get There From Here: A Journey Through the Body and Brain



You Can Get There from Here: My Journey from Struggle to Success by Bob Knowing

★★★★★ 4.9 out of 5

Language : English



File size	: 703 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 288 pages

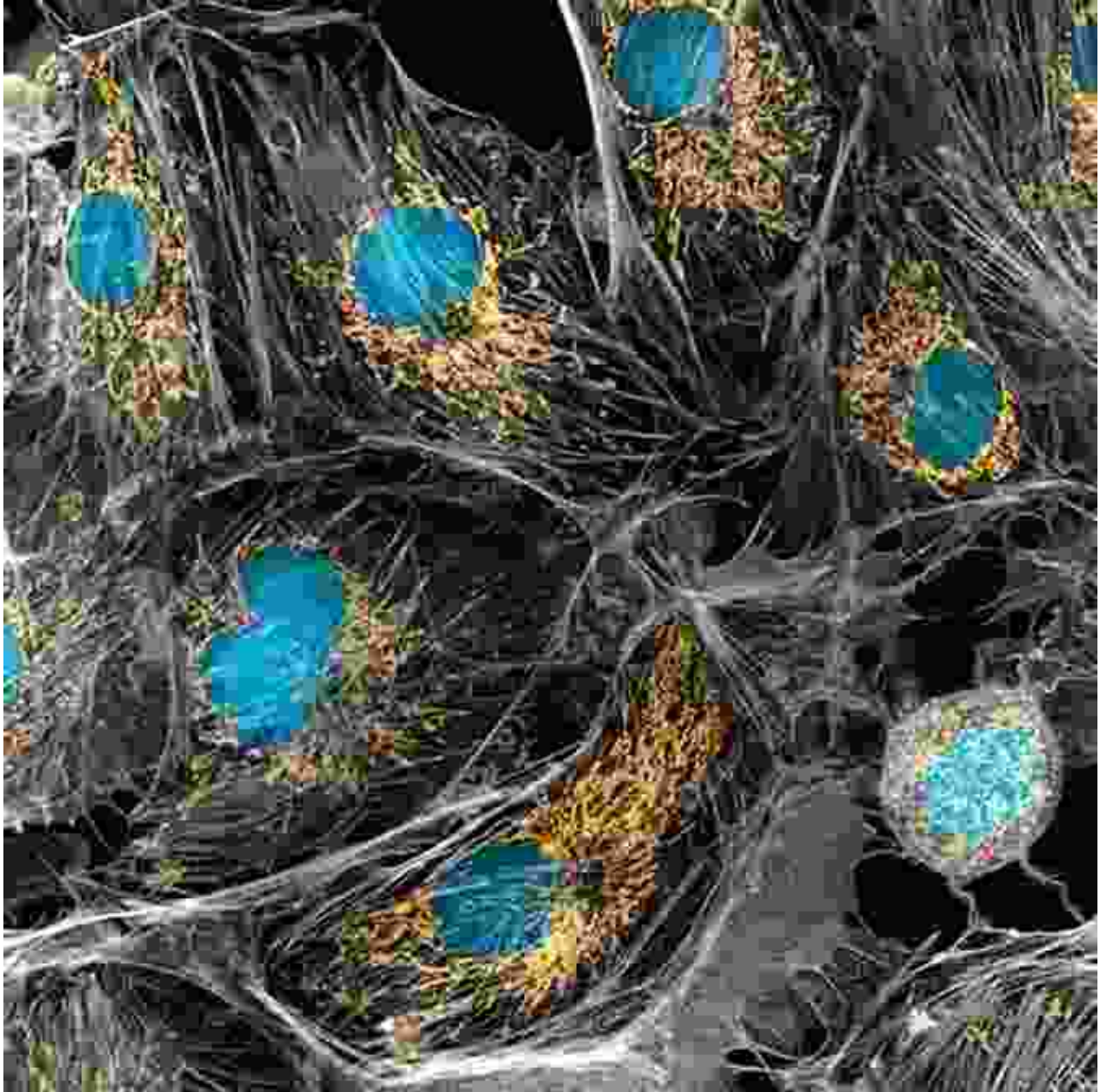


In his latest book, renowned neuroscientist Dr. David Eagleman takes us on an extraordinary journey through the human body and brain, from the tiniest cells to the most complex cognitive functions. In "You Can Get There From Here," Eagleman explores the miraculous ways in which our bodies work, and how our brains interpret and shape our experiences.

The Human Body: A Symphony of Complexity

Eagleman begins by delving into the intricate workings of the human body. He describes the trillions of cells that make up our organs and tissues, each with its own specialized role to play. He explains how these cells communicate with each other to coordinate our bodily functions, from breathing to digestion to movement.

Eagleman also explores the body's remarkable resilience. He shows how the body can heal itself from injuries and infections, and how it adapts to changing conditions, such as extreme temperatures or altitude.



Microscopic view of human body cells

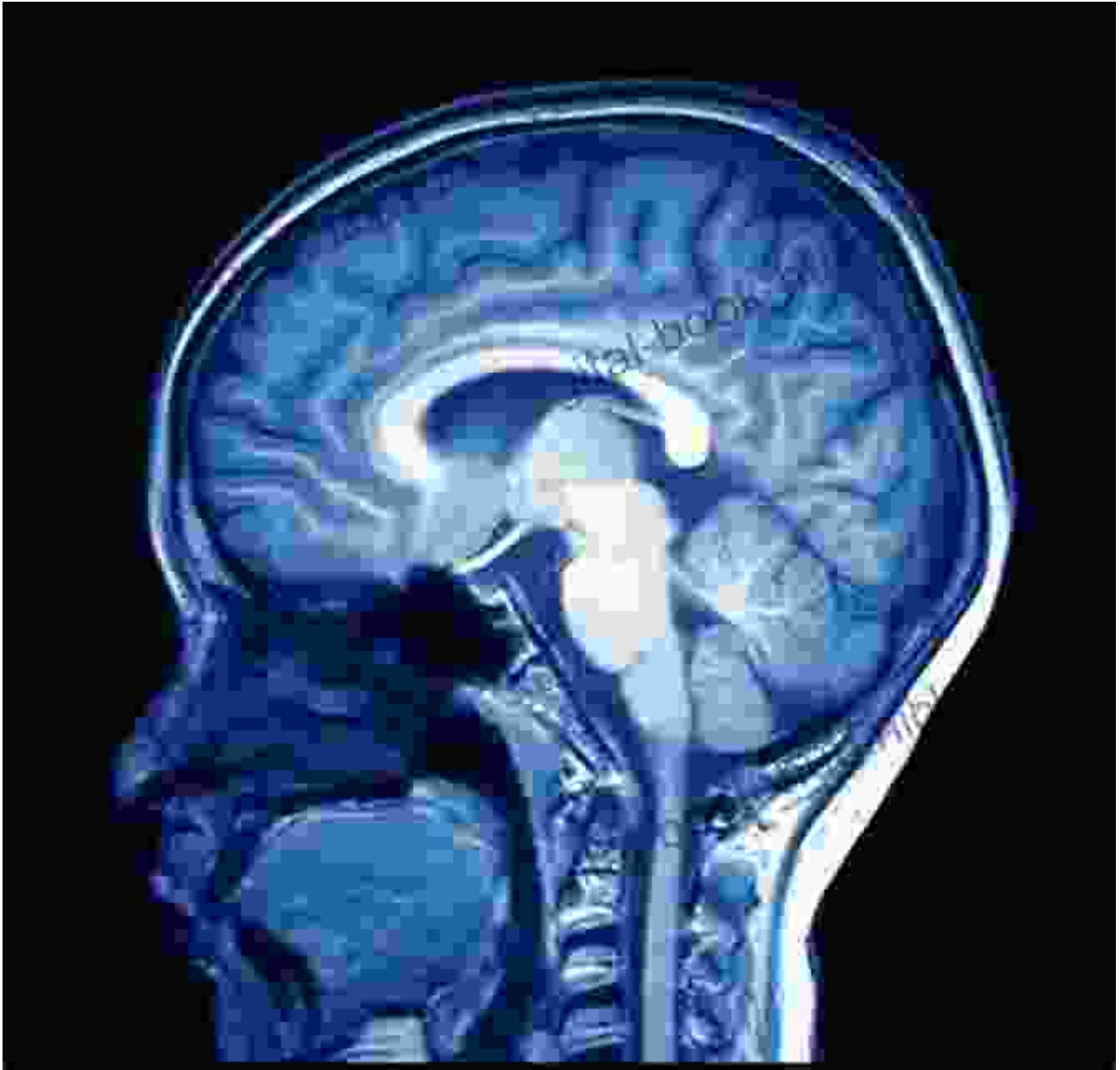
The Human Brain: The Seat of Consciousness

Eagleman then turns his attention to the human brain, the most complex organ in the known universe. He describes the billions of neurons that

make up the brain, and how they communicate with each other to create our thoughts, feelings, and actions.

Eagleman explores the brain's various regions and their specialized functions, from the visual cortex to the hippocampus to the amygdala. He explains how the brain processes information from the senses, controls our movements, and stores our memories.

Eagleman also discusses the role of consciousness in the brain. He argues that consciousness is not a single thing, but rather a collection of processes that occur throughout the brain. He explores the different theories of consciousness and the evidence supporting each of them.



The Mind-Body Connection

Eagleman concludes by exploring the mind-body connection. He shows how the brain and body are inextricably linked, and how each can influence the other. He discusses the role of stress in disease, the placebo effect, and the mind's ability to heal the body.

Eagleman argues that the mind and body are not separate entities, but rather two sides of the same coin. He calls for a new understanding of the mind-body connection that will lead to better health and well-being.

"You Can Get There From Here" is a fascinating and informative exploration of the human body and brain. Eagleman's writing is clear and engaging, and he makes complex scientific concepts accessible to general readers. This book is a must-read for anyone who wants to understand the miraculous workings of the human body and brain.



You Can Get There from Here: My Journey from Struggle to Success by Bob Knowling

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