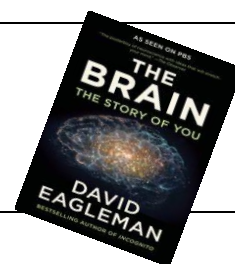


## The Brain – The Story of You by David Eagleman

Published by Canongate Books Ltd, 2015  
Paperback from £7.19



This book (accompanies the TV series) is a great introduction into how the brain works for those new to neuroscience.

*“Locked in the silence and darkness of your skull, your brain fashions the rich narratives of your reality and your identity. Renowned neuroscientist David Eagleman raises questions about the mysterious heart of our existence. In the infinitely dense tangle of billions of brain cells and their trillions of connections, something emerges that you might not have expected to see in there: you”.*

For those who read books about the 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.

Eagleman's book helped me appreciate the neuroscience behind how much of our mindset, perspective and identity is simply a matter of neural wiring. Topics I found most fascinating, and relevant, dealt with the processing of information in relation to reality, child development, and aging.

Other titles in this series:

- The Brain with David Eagleman, Parts 1-6, BBC4 (Now only available on Youtube: <https://www.youtube.com/watch?v=C8k-lrJrdw>)