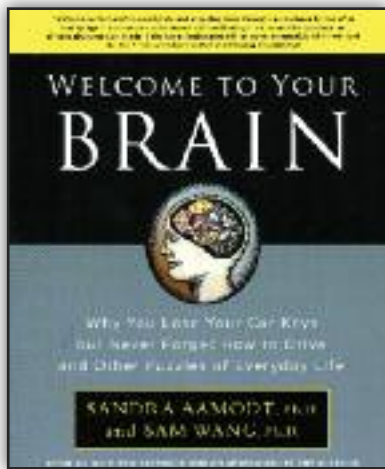


# SB&F

## BOOK | CLUB | GUIDE



### *Welcome to Your Brain: Why You Lose Your Car Keys but Never Forget How to Drive and Other Puzzles of Everyday Life*

**Sandra Aamodt & Sam Wang.**  
**Bloomsbury, 2008**

#### **What's it about?**

The neuroscientist authors offer a highly accessible and richly informative "user's guide" to our brains. They cover a broad range of topics, offering up-to-date information directed to answering questions of the curious public. They supplement their charming narrative with frequent and quite extensive sidebars that debunk myths, focus on specific issues, and offer practical tips. Eschewing didactical lecturing, their friendly and informal writing effectively engages the reader in a comfortable, interesting, and informative dialog.

#### **Who is this book for?**

This book can be read by anyone from interested high school students to the general public.

#### **Who wrote it?**

Sandra Aamodt received her undergraduate degree in biophysics from Johns Hopkins University and her doctorate in neuroscience from the University of Rochester. After four years of postdoctoral research at Yale University, she joined Nature Neuroscience in 1998 and was editor in chief from 2003 to 2008.

Sam Wang is an associate professor at Princeton University in the Department of Molecular Biology and the Princeton Neuroscience Institute. He graduated with honor in physics from the California Institute of Technology and holds a doctorate in neuroscience from Stanford University School of Medicine. His career includes research at Duke University Medical Center and at Bell Labs Lucent Technologies. He has also done science and education policy work for the Senate Committee on Labor and Human Resources.



## Why should we read it?

We've all got one! Why not learn a little more about the most fascinating human organ: the brain. Author's Dr. Aamodt and Dr. Wang take readers on an interesting, entertaining ride as they introduce us to our own brains. The book is full of tips for keeping your mind sharp, plus sidebars that bust brain myths (no, we do not use only 10% of our brain's potential!). This book is a fun and enlightening book club selection.

## What can we talk about?

Discuss the authors' Six Myths about the Brain and discuss whether they had heard of the myths and if they had agreed with them.

How do the findings of current brain research debunk myths about the brain?

What are some of the ways that human brains differ from other animal brains?

What are some ways that our brains perceive the world around us through our senses?

What are some ways that you can improve the way your brain functions?

## What are some other books like this I might like?

- ◆ *Beyond the Zonules of Zinn: A Fantastic Journey Through Your Brain*. David Bainbridge. (Harvard, 2008)
- ◆ *Scientific American Day in the Life of Your Brain*. Judith Horstman. (Wiley, 2009)
- ◆ *Three-Pound Enigma: The Human Brain and the Quest to Unlock Its Mysteries*. Shannon Moffett. (Algonquin Books of Chapel Hill, 2006)

## Where can I find out more?

Spotlight on the brain ([http://www.scienceupdate.com/spotlights/spotlight\\_brain.php](http://www.scienceupdate.com/spotlights/spotlight_brain.php)) is a collection of audio podcasts from Science Update that offers students the opportunity to hear the latest and most fascinating brain research.

You can find out more about the book and authors Sandra Aamodt and Sam Wang by visiting their webpage (<http://www.welcometoyourbrain.com>). Included on the website are video and audio interviews with the authors, their blog, the latest news in neuroscience, and even a rap about synaptic transmission.