

HOW TO EXPLOIT

YOUR BRAIN'S

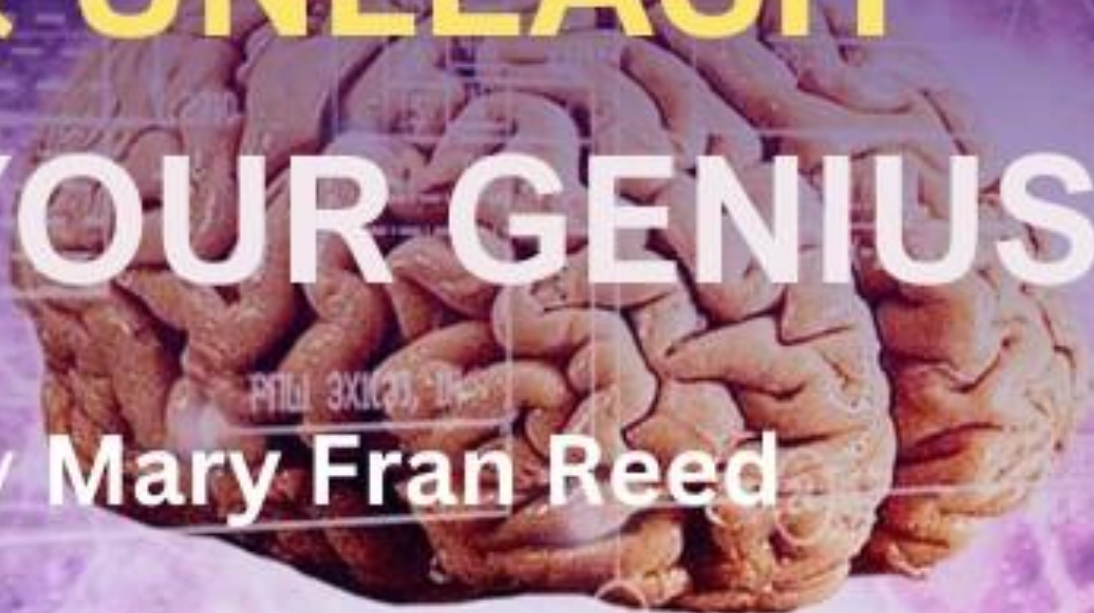
UNLIMITED

POWER

& UNLEASH

YOUR GENIUS

By Mary Fran Reed



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Introduction

"I have a theory about the human mind. A brain is a lot like a computer. It will only take so many facts, and then it will go on overload and blow up."

-- Erma Bombeck

Inside the human brain's three-pound package are ten billion nerve cells and almost one hundred billion smaller supporting cells. That's more power, in a smaller package, than any computer ever made.

If you added all the telephone connections in the entire world and multiplied that number by 1,349 you would have the total number of brain connections your brain is capable of.

A common misconception is that the human brain is firm and grey in color, hence the expression "using your grey matter." In truth, the human brain is soft and jelly-like and of a deep red color. Chemicals or resins that scientists use to preserve the brain are what cause the grey color and firm texture.

Another common misconception is that we humans use only about ten percent of our brains. This is a misunderstanding of the research gathered back in the late 1800s and early 1900s. It was noted then that only about ten percent of the brain's neurons actually are firing at any given time. We know now that the brain has many functions, that every part of the brain has a different purpose, and that all the neurons are busy working all the time. What everyone could improve upon is the cognitive potential of their brains; that is by reading and studying, learning to solve