



2/3 narrative  
1/3 examples,  
quizzes, tests

## THE SURPRISING TRUTH ABOUT HOW EVERY BRAIN IS DIFFERENT, AND HOW TO UNDERSTAND YOURS

In *The Neuroscience of You*, Chantel Prat, PhD, focuses not on how the average brain works but on how every brain is *different*, exactly why those variations are important, and what that means for all of us.

*The Neuroscience of You* provides readers with a solid foundation of our brain's design and function:

### PART ONE – BRAIN DESIGN:

Provides the basics about how *your* brain's design features shape its storytelling processes:

- **Lopsided:** How the two sides of your brain work together
- **Mixology:** The chemical languages of the brain
- **In sync:** The neural rhythms that coordinate behavior

### PART TWO – BRAIN FUNCTION:

Focuses specifically on the ways our environments change our brain, engineering us to expect and understand things from a certain perspective based on our past experiences:

- **Focus:** How mind control happens
- **Adapt:** How your brain learns about the environment you inhabit
- **Navigate:** How knowledge builds roadmaps
- **Explore:** How curiosity and threat compete to shape behaviors
- **Connect:** How two brains get on the same wavelength

### DID YOU KNOW...?

1. **You can find out how quickly your neurons “talk” to each other and connect.** If your brain has a high processing speed, you'll be able to “juggle” more ideas and tasks in your head; however, brains with slower processing speeds are often more creative.
2. **You're more likely to become friends with someone who has a brain like yours.** Studies have shown that friends, and even friends of friends, have similar amounts of brain connectivity, chemical mix, and synchronization.
3. **Thinking on different wavelengths shapes the amount of information we can juggle and problem-solving approaches we take.**
4. **At the boundaries of existing knowledge, our brains decide when to explore and when to ignore.**
5. **Learned mind-modeling efforts may be necessary for connecting with those that are different from you.**

### ABOUT THE AUTHOR

**Chantel Prat, PhD**, is Professor at the University of Washington with appointments in the departments of Psychology, Neuroscience, and Linguistics, with affiliations at the Institute for Learning and Brain Sciences, the Center for Neurotechnology, and the Institute for Neuroengineering. Her studies have been profiled in media ranging from *Scientific American*, *Psychology Today*, and *Science Daily* to *Rolling Stone*, *Popular Mechanics*, *Pacific Standard*, *Travel + Leisure*, and National Public Radio. She lives in Seattle with her family and many pets.



“Why am I like this? The answer is pragmatically simple, but biologically and philosophically complicated enough to fill a whole shelf full of books.”

—CHANTEL PRAT, PhD