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The Brain: The Story of You  
David Eagleman

Rating: 3

The Brain: The Story of You – David Eagleman

*The Brain: The Story of You* by David Eagleman explores how the human brain shapes our identity, decisions, and perception of reality. The book explains neuroscientific concepts in a way that is easier to understand than I originally expected, using real life examples and fascinating thought experiments to show the way people's brains constantly interpret the world around them.

One of the main ideas of the book is that most things people regard as under their control are actually controlled by their subconscious. Eagleman explains how our thoughts, emotions, and actions are influenced by hidden processes, which challenges the idea that we are fully aware of our own decisions. He also discusses topics like perception, memory, and how the brain can change over time through experience.

I found this book interesting because it connects science to everyday life. I truly felt it questioned how much of "you" is actually under your control and how one's brain constructs their respective reality. The examples were engaging and occasionally quite surprising, especially when explaining how easily one's perception could be manipulated in ways I have never thought of before.

Overall, *The Brain: The Story of You* is a thought provoking and informative book that is great for anyone interested in psychology or how the mind works. It is both educational and easy to follow, making it a strong recommendation.