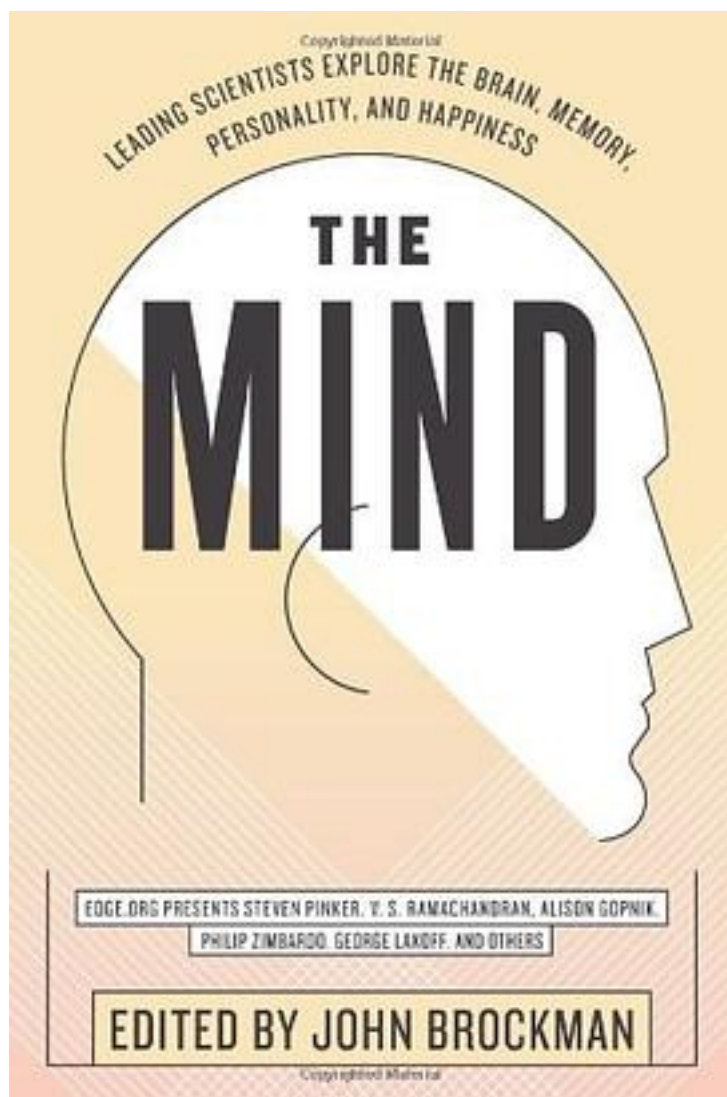


# The Mind



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著者:John G. Taylor

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## 在线阅读本书

### Book Description

Our minds are subtle, beautiful and complex things. John Taylor explores how the mind works and shows us how to understand ourselves, how we can develop our minds to their full potential and how to keep them running smoothly.

'Based on his sustained scientific investigations, John Taylor takes us on a fascinating and erudite journey of what it is that our minds do for us. This is an important addition to the library of anyone who has pondered how the brain conjures up our every thinking moment'.

Igor Alexander, Professor in Neural Systems Engineering, Imperial College, University of London

'The book is such a fascinating, daring, gentle and thoughtful work that when you finish it it's like losing a friend or a dear child leaving home... I can only try to convey some of the emotional enjoyment, coupled with a sense of discovery. I felt while reading it... John Taylor's mind really does reach out to so many people, young, middle-aged and old'.

### From the Inside Flap

What is the mind? How can we use it to our best advantage and what happens when things go wrong? Many people consider the workings of the mind to be completely mysterious, and sometimes spiritual. John Taylor considers it to be amazingly subtle but scientifically comprehensible. In *The Mind: A User's Manual* he outlines the workings of the mind, the nature of consciousness, what can go wrong and how we manipulate our minds. Anyone reading this book will gain a greater understanding of their own mind, as well as an insight into how to look after it.

*The Mind: A User's Manual* is written for those who are curious about their own minds, especially those interested in their consciousness. We all use our minds differently and this book lays a foundation for a truly individual yet comprehensive view based on the detailed understanding that science can now bring to our own individual experiences. It will also help people to get more out of their lives by increasing the richness of their own experiences.

### Book Dimension

length: (cm)23.3 width:(cm)18.4

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