

INTRODUCTION - SECTION 7
WHAT ARE THE LASTING
BENEFITS OF USING THIS WEBSITE?
October 17, 2017

Accurate brain knowledge can help you prosper in the real world of scientific thinking about your brain. First, your brain and mind are always connected and always active, even when you are asleep.

This website can help you expand your imagination and stimulate more happiness every day. The new brain knowledge can give you more control over your brain's pleasure circuits and also your mind's memory systems, after you learn more about the basis of your ability to reason and make sensible decisions about how you use your **TIME**.

The new brainpower maxim is: "***Your Mind is What Your Brain Does!***" It means that your mind is inseparable from your brain and body. This means that you have an embodied self. This is reality and it is okay.

Furthermore, thinking about your brain's physical structures in a systematic way can help you understand what your mind's functions are capable of achieving. Now is the perfect time for you to learn about the new evidence-based brain knowledge. It involves learning and understanding what truly causes your enlightened consciousness and your enlarged self-awareness.

By using this website, you can access many effective solutions instantly for creating successful outcomes every day. However, you must decide to manage your time wisely and choose to organize your plans for achieving your basic humanistic needs to love and be loved for rational altruistic purposes.

Fortunately, you can gain more confidence in your own ability to feel self-confident and to stop intrusive unwanted negative feelings by activating whole-brain thinking and sharing accurate brain knowledge to solve problems and create a sense of well-being.

To do it, you must balance your mind's mental forces. This is a gargantuan task since there are internal biological pressures from many brain organs competing for your attention!

You have strong actionable messages coming into your prefrontal cortex (your executive function) from both sides of your brain (the left hemisphere and the right hemisphere); and the two opposing functions of the back and the front of your brain (the occipital lobes and the frontal lobes); as well as the two opposing functions of the top and the bottom of your brain (the cerebrum and the limbic system).

Since those main physical biological brain structures evolved to protect you against environmental threats, such as wild animals and geological catastrophes, like earthquakes, volcanic eruptions, and other combative humans, the many functions of your mind are always competing for your attention during all of your waking hours --- and even when you are asleep.

Even though your brain and nervous system evolved to detect danger or threats in your environment during the past 3-4 million years, your personal experiences of the past, and your goals for the future, can both play major roles in how you choose to control your behavior and how you strengthen your ability to reason right now.

By learning how your thoughts can control your feelings, you will be able to reduce toxic distress and increase

healthy pleasures in your life. In addition, by learning the new brain vocabulary, you will be empowered to choose a new rational mindset based upon your own experiences and scientific experimental facts in order to understand your true potential as a creative happy humanistic person.

In addition, you will be able to use your hundreds of millions of mirror neurons and their hundreds of trillions of synaptic connectors to empathize with others and to collaborate more successfully with family members and your friends and your social network.

When you choose to focus on a perception of reality based on the new brain facts according to science, you will have a solid rational philosophical basis for making your plans and achieving your goals for the rest of your life.

You will be able to escalate up to a higher level of human consciousness, knowing that your goals and plans for achieving them will probably change to become more interesting after you begin to imagine new insights about yourself and imagine new relationships with others based upon your new knowledge about the 15 brain ideas.

This will happen because you will be adjusting to new possibilities with the same firm dependable humanistic personal moral values and perceptions of reality. As long as you stay mindful of the awesome ability of your brainpower to cope with the existential conditions of life, you will be able to rise to the challenges that you choose to encounter and master.

The **Humanist Alternative** puts full responsibility on you for solving your problems and improving your social relationships in collaboration with your family and

friends. When you make your goals and plans consistent with humanistic values, your self-acceptance and self-esteem will increase and you will be able to manage your time better.

Since *no divine intervention has ever been proven to work for anybody*, it makes good sense to train your brain to achieve your highest aspirations yourself, with a little help from the brain scientists cited on this website.

WHY THIS MATTERS: Among the lasting benefits of using this website are its memory boosting structure and its emphasis on specific critical thinking skills and critical reading strategies for understanding the 15 brain ideas that are essential for you to know in order to control your mind's many functions.