



# Il cervello compassionevole (Le Navi) (Italian Edition)

*Gerald Hüther, F. Tuscano*

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Il cervello, secondo le più avanzate ricerche scientifiche, non è indipendente da chi lo utilizza. Al contrario, i circuiti che operano e comunicano al suo interno possono subire notevoli cambiamenti a seconda delle attività per le quali viene impiegato. La nostra materia grigia è a tutti gli effetti un organo in continua evoluzione e le aree di cui si compone possono variare sia in termini di efficienza che di funzionalità. Sviluppiamo senza sosta nuove capacità, mentre ne perdiamo altre. I nostri passatempi, il nostro lavoro, le nostre abitudini culturali, letterarie, cinematografiche, televisive: tutto, insomma, concorre a migliorare o peggiorare le nostre prestazioni. Il neuroscienziato Gerald Hüther ci guida attraverso i meccanismi segreti del più importante organo che possediamo, e ci spiega perché - in che modo e in quale misura - i nostri comportamenti possono profondamente influenzare il nostro carattere, la nostra emotività e i nostri pensieri. Una sorta di manuale, una guida all'uso tra scienza e ironia con tanto di "scorciatoie" per aumentare le facoltà più preziose e indebolire quelle che rischiano di complicarci la vita.

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