

ALPHABETICAL BRAIN™ VOCABULARY

LIST OF 15 MAJOR QUESTIONS ABOUT YOUR BRAIN

- 1 - What memory circuit gives you the power to remember old memories and save new ideas and perceptions in your limbic system's hippocampus? _____
- 2 - What biological circuit in your limbic system causes your feelings of happiness when neurotransmitters, including dopamine, are stimulated? _____
- 3 - What part of your brain has eight organs and releases neurotransmitters to control hormones that influence all of your feelings? _____
- 4 - What is the region of your brain at the front of your cerebrum (frontal lobes) that is involved in planning and other higher-level cognition, including your working memory system? _____
- 5 - What is the largest part of your brain and the latest to have evolved to manage the hormones and neurotransmitters activated by your limbic system and your reptilian brain (cerebellum and brainstem)? _____
- 6 - What is the adaptive process of your brain's connectome that is a cause of your ability to think, feel, create new habits, and learn new ideas? _____
- 7 - What is the 3-dimensional cellular communication network that connects your brain and spinal cord and is a cause of your free will? _____
- 8 - What is the way neurons connect so you can think of ideas, feel emotions, control your muscles, and memorize anything you choose? _____
- 9 - What are the trillions of tiny biochemical junctions that connect and switch on or off your billions of neurons? _____
- 10 - What are the brain cells known as white matter that surround the axon filaments in your billions of neurons to protect and nourish them? _____
- 11 - What is the source of the action potential spikes inside neurons that flow down axons to activate your muscles, organs, glands, and senses? _____
- 12 - What are the thin filaments inside your 100 billion neurons that conduct biochemical currents of ions to activate your body? _____
- 13 - What are the thousands of extensions that branch out from the cell bodies of your 100 billion neurons to receive signals from other neurons? _____
- 14 - What are the cells in your brain and nervous system that send biochemical currents from their cell bodies to their axon end terminals? _____
- 15 - What is the biological source of your ability to activate your brain so you can be aware of your self, choose goals, and solve problems? _____