

**ALPHABETICAL BRAIN™ VOCABULARY
HUMANIST FAMILY BRAIN STUDY**

**SECTION 1
WHAT IS THE PURPOSE OF THE
ALPHABETICAL BRAIN™ WEBSITE?
May 4, 2016**

The purpose of this educational website is to explain the fundamental characteristics of healthy human brain structures and functions for you.

This unique website presents in plain English the most complete explanation of the way your brain can be optimized to produce the maximum mental force (brainpower).

If you master the new brain knowledge, you will have a powerful new strategic thinking advantage that can influence every aspect of your life now and in the distant future.

The basic brain vocabulary provided on this website will always be relevant.

Also the **Alphabetical Brain™ Vocabulary Website**, which you are using now, and the planned App that will be launched this spring and contain more factual details and reference sources and brain training skill-sets, can help you discover the best ways of relating to others based upon the new brain knowledge.

In other words, the new brain knowledge explains what the most important functional structures of your brain are. Also it explains how the neuronal circuits and many interactive brain structures that cause your mind and mental force have emerged from your brain's evolutionary past.

Specifically, the new brain vocabulary explains how your perceptions, memories, and self-awareness were formed by evolutionary processes without the need for imaginary external ancient gods and goddesses or traditional kings and queens or modern religious cults.

The most profound revolutionary scientific thinking (revelations based upon observation and experimentation) is that you can manage your automatic intuitive subconscious behavior and your most intense accompanying feelings by changing your personal

thinking habits and social behavior before disruptive emotions can damage your mental force (intellect) or shorten your life.

As your brain grows through each stage of human development, decade by decade, you can use critical thinking and reading skills to understand the appropriate specific brain knowledge necessary to navigate successfully from youth to old age.

Life is all about making smart choices to keep your mental force (cognitive abilities) optimized for dealing with the social circumstances that you were born into.

This website is designed to highlight the most important new brain ideas so they will be easily accessible to you regardless of your age, gender, income status, educational level, social class, or national identity.

Now brain scientists and science journalists can explain in beautiful concise plain English how human brains function to make consciousness, self-awareness, free will, and moral values based upon reason (instead of a leap of faith) understandable and under your control.

This website unscrambles the technical scientific language (jargon) and organizes the most important brain facts and ideas into a logical pattern for easy access by any educated person who knows the English language.

Once you understand the brain ideas on this website, you will be able to understand all of the selected brain books and articles cited on this website as well as many other reference sources, including online brain information that is now proliferating.

The brain study learning process described on this website assumes that at least 15 brain ideas are required to provide you with the best way to organize the most important brain facts into a compelling personal story about your own mental force or brainpower potential.

The 15 brain ideas on 15 brain flash cards with their corresponding brain diagrams are necessary to explain how your sense of self (self-identity and personality) can continually evolve to make your brain and body and behavior more effective at surviving and

thriving.

The new brain ideas describe the complexity of your brain and they explain what is happening at the molecular and genetic levels of your brain and body.

The new brain knowledge has been discovered by using the new **3-D Block-Face Scanning Electron Microscopes** (computerized 3-D microscopy) and the older **Positron Emission Tomography** (PET scanning microscopes). They are the most powerful microscopes ever invented and they have been used to scan hundreds of thousands of living human brains to see what was happening inside the typically three pounds of brain tissue.

The invention of these microscopes and the use of advanced scientific research procedures to study living human brains has led to the most epic discoveries in human history with vast positive implications for humanity now and in the future.

The 15 brain ideas describe the most important brain functions that you can actually control.

At the same time, you will be increasing the number of your neuronal connections and also reinforcing the density of your neuronal pathways.

You will be storing triggers to the new brain facts and ideas in various neuronal modules of your long-term memory system, which is in both the hippocampus and the amygdala physical structures of your limbic system.

These triggers can be controlled by your working memory, which is a function of your prefrontal cortex in both the left hemisphere and right hemisphere of your cerebrum.

These incredibly important brain facts and ideas can strengthen your humanistic intellectual foundation and improve your rational thinking strategies, which are based upon the quality of your critical thinking and reading skill-sets.

No matter what your personal background was in the past, your amazing brain's adaptability can give you a strong mental force to think of new ideas and feel new positive emotions in a predictable

way, which can make changing your behavior much easier when necessary. Day by day, your life can become more fulfilling.

Now you can assert your personal courage and empower yourself by choosing humanistic values as major goals to share with the most important people in your family and social network.

It is important to remember that human brains change as much on the inside as human bodies change on the outside as you get older and wiser.

WHY THIS MATTERS: The purpose of this website is to assist you in adding meaning and happiness to your life through developing a deeper understanding of the true nature of reality, including specifically your humanistic mental force, as revealed by the new brain vocabulary in the context of modern science.

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