

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

## **SECTION 7 WHAT ARE THE LASTING BENEFITS OF USING THIS WEBSITE? May 9, 2016**

This website can help you expand your imagination and stimulate more happiness daily when you learn more about your brain's pleasure circuit and your brain's memory circuits. Such direct knowledge can help you prosper in the real world of scientific thinking about your brain.

The new brain knowledge defines what your mind is capable of achieving, which includes an infinite amount of pleasure, even when you are not able to pursue your most desired goals at the moment.

Now is the perfect time for you to learn more about the new brain facts and ideas which together amount to practical brain wisdom.

You can instantly access many effective strategies for creating success and happiness every day, if you decide to manage your time more wisely and you choose to give yourself full credit for your successes.

Fortunately, you can gain more confidence in your own ability to stifle unwanted intrusive negative feelings by activating rational ideas to solve your specific problems. Also you can create better humanistic ethical ideals for how you use your time and with whom you spend it.

To do this properly, you need to integrate the dynamic interactive systems in the major structures of your brain by balancing the functions of both sides of your brain (left and right), and the functions of the back and front of your brain, as well as the functions of the top and the bottom of your brain.

Since your many brain systems evolved to protect you from threats from the environment, including nature and human culture, your many basic brain functions are always competing for your attention.

Even though your brain and nervous system were made by evolution (during more than three million years) to detect danger or threats in your environment, your personal experiences of the past and your goals for the future can play major roles in how you choose to control your behavior and strengthen your humanistic mental force (brainpower) now.

By learning how your thoughts can control your feelings, you will be able to reduce the toxic distress in your life and increase the healthy pleasures.

By learning the new brain vocabulary, you will be empowered to activate a new rational mindset based upon both observational and experimental data (empirical facts) in order to understand your true potential as a creative happy humanist.

In addition, you will be able to use your hundreds of millions of mirror neurons and their trillions of synaptic connectors to empathize with others and

to collaborate more successfully with family members and friends in your social network.

When you choose to focus on a perception of reality based upon the new brain science facts of life, and you choose humanistic moral values, you can have fun making your plans and achieving your goals --- for the rest of your life.

The humanistic alternative puts full responsibility on YOU for solving your problems and improving your social relationships in collaboration with your family and friends.

When your goals are consistent with your personal humanistic values, your self-esteem (self-acceptance) will be higher and you will be able to manage your time better.

Since no divine intervention has ever been proven to work for anybody, it makes a whole lot of sense to train your brain to achieve your highest aspirations yourself --- with a little help from brain scientists!

**WHY THIS MATTERS:** Among the lasting benefits of using this website are its memory boosting structure and its emphasis on critical thinking and reading skill-sets, which together can empower you to understand the positive and negative influences of culture on your brain and mind. This involves learning how language, education, science, history, politics, ancient religions, the mass media, and the social media impact your sense of self every day.

Please consider participating in the Humanist Family Brain Survey by sharing your ideas about the best ways to improve this website and also to improve your own critical thinking and reading skill-sets at the same time.

After the Survey results are known and the most important 15 brain flash cards have been chosen, and the best sequence for learning has been established, detailed information about the complete set of 15 brain flash cards will be included online as part of the downloadable Alphabetical Brain™ Vocabulary App for a small fee and later 100 downloadable brain flash cards and printed decks will be available.

After you have finished the brain study, please return your responses to the Two Survey Questions to the webmaster at:

[info@alphabeticalbrain.com](mailto:info@alphabeticalbrain.com)