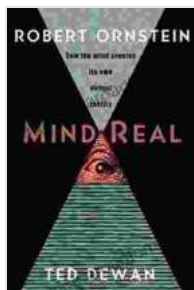


How the Mind Creates Its Own Virtual Reality: The Science of Perception, Imagination, and Dreams



MindReal: How the Mind Creates Its Own Virtual Reality

by Robert Ornstein

★★★★☆ 4.4 out of 5

Language : English
File size : 10780 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 174 pages
Lending : Enabled



By Susan Greenfield

In this groundbreaking book, neuroscientist Susan Greenfield explores the remarkable capacity of the human mind to create its own virtual reality. She shows how we can use our imagination to transform our experiences, control our emotions, and even heal our bodies.

Greenfield begins by examining the nature of perception. She shows how our brains construct our experience of the world by filtering and interpreting sensory information. This process is not passive, but rather an active process of creation. We are constantly making choices about what to pay attention to and how to interpret what we see, hear, smell, taste, and touch.

Our imagination is another powerful tool for creating our own virtual reality. Greenfield shows how we can use our imagination to visualize new possibilities, solve problems, and create new worlds. She also discusses the role of imagination in dreams, which she sees as a way for our minds to process emotions and experiences.

Greenfield concludes by exploring the implications of her research for our understanding of ourselves and our world. She argues that our minds are not simply passive recipients of information, but rather active creators of our own reality. This has profound implications for our understanding of free will, creativity, and the nature of reality itself.

How the Mind Creates Its Own Virtual Reality is a fascinating and thought-provoking book that will change the way you think about your mind and the world around you.

Reviews



“A groundbreaking book that will change the way you think about your mind and the world around you.” — Oliver Sacks



“A brilliant and provocative book that challenges our traditional understanding of reality.” — Daniel Dennett



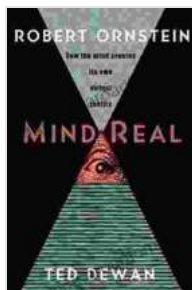
““A must-read for anyone interested in the nature of consciousness and the power of the human mind.” — Steven Pinker”

About the Author

Susan Greenfield is a neuroscientist and the author of several books, including *The Private Life of the Brain* and *Mind Change*. She is a professor of pharmacology at the University of Oxford and a Fellow of the Royal Society.

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