



Reality Check: What Your Mind Knows, But Isn't Telling You

David L Weiner

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What is reality? Each of us has a "virtual reality map" imprinted on our brains, which consists of our individual ideologies, opinions, attitudes, values, and beliefs that we've built up over the years. But what if you learned that your reality map was distorted or limited? In *Reality Check*, David L. Weiner takes us on an entertaining romp through many odd and interesting new findings in various scientific fields - from neurobiology to physics and genetics, describing how difficult it is for these findings to sink in and impact our perspectives.

One of the most fascinating topics that Weiner discusses is what neuroscience has found out about certain apelike mechanisms in our brains. These ancient vestiges of evolution can cause turmoil if we don't meet their primitive expectations, and their penchant for pecking order and status can create far-out realities that we think are absolutely true. By opening our minds to what science has discovered about our realities, and what it still considers to be mysteries, we can gain valuable insights and tools for improving the quality of our lives.

The fresh and surprising information in this book has ramifications for parents, managers, educators, and everyone else interested in getting the most out of others and themselves.

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David L Weiner

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