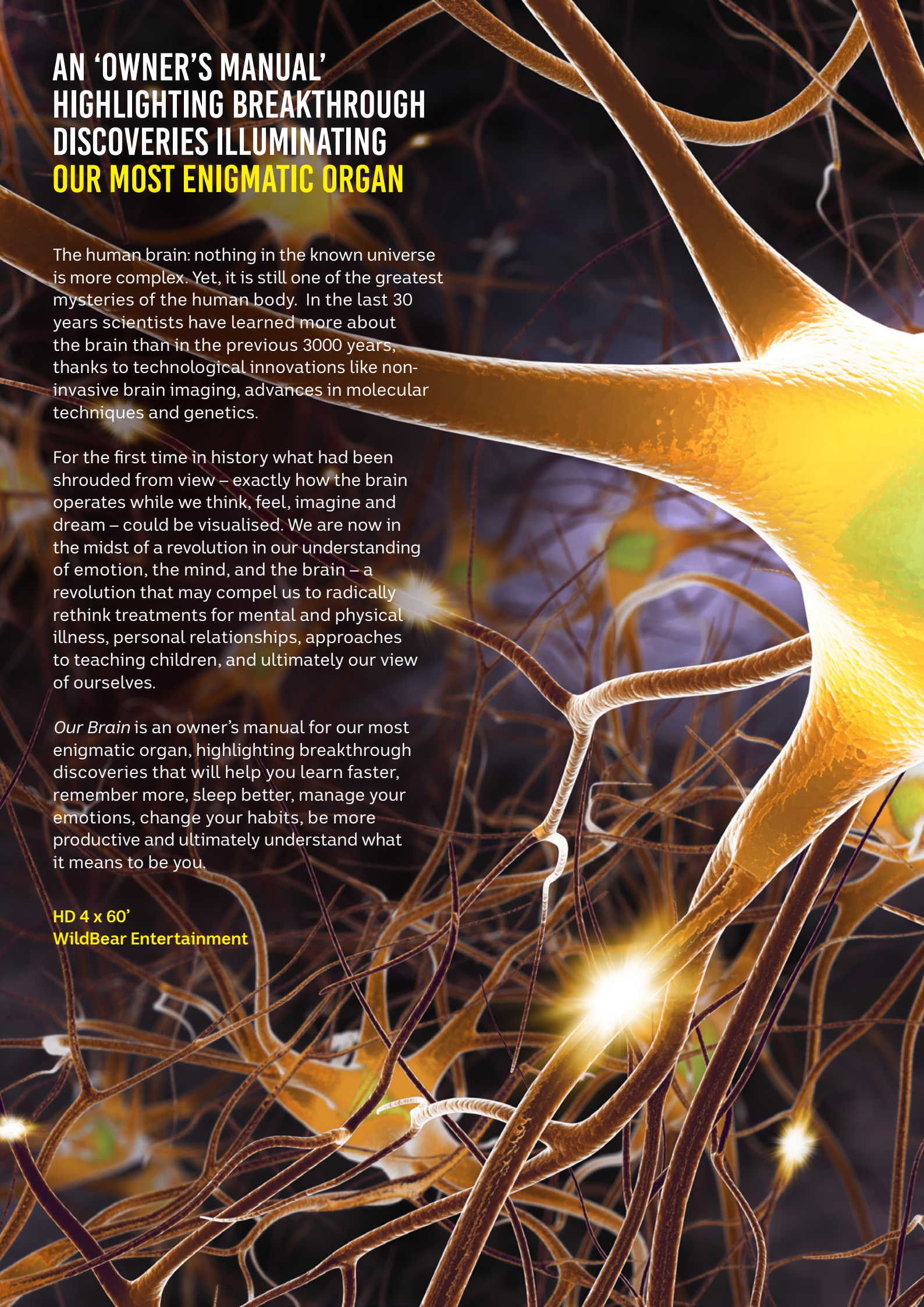


OUR BRAIN





AN 'OWNER'S MANUAL' HIGHLIGHTING BREAKTHROUGH DISCOVERIES ILLUMINATING OUR MOST ENIGMATIC ORGAN

The human brain: nothing in the known universe is more complex. Yet, it is still one of the greatest mysteries of the human body. In the last 30 years scientists have learned more about the brain than in the previous 3000 years, thanks to technological innovations like non-invasive brain imaging, advances in molecular techniques and genetics.

For the first time in history what had been shrouded from view – exactly how the brain operates while we think, feel, imagine and dream – could be visualised. We are now in the midst of a revolution in our understanding of emotion, the mind, and the brain – a revolution that may compel us to radically rethink treatments for mental and physical illness, personal relationships, approaches to teaching children, and ultimately our view of ourselves.

Our Brain is an owner's manual for our most enigmatic organ, highlighting breakthrough discoveries that will help you learn faster, remember more, sleep better, manage your emotions, change your habits, be more productive and ultimately understand what it means to be you.

HD 4 x 60'
WildBear Entertainment

EPISODE SYNOPSES

EPISODE 1 EXPLAINED

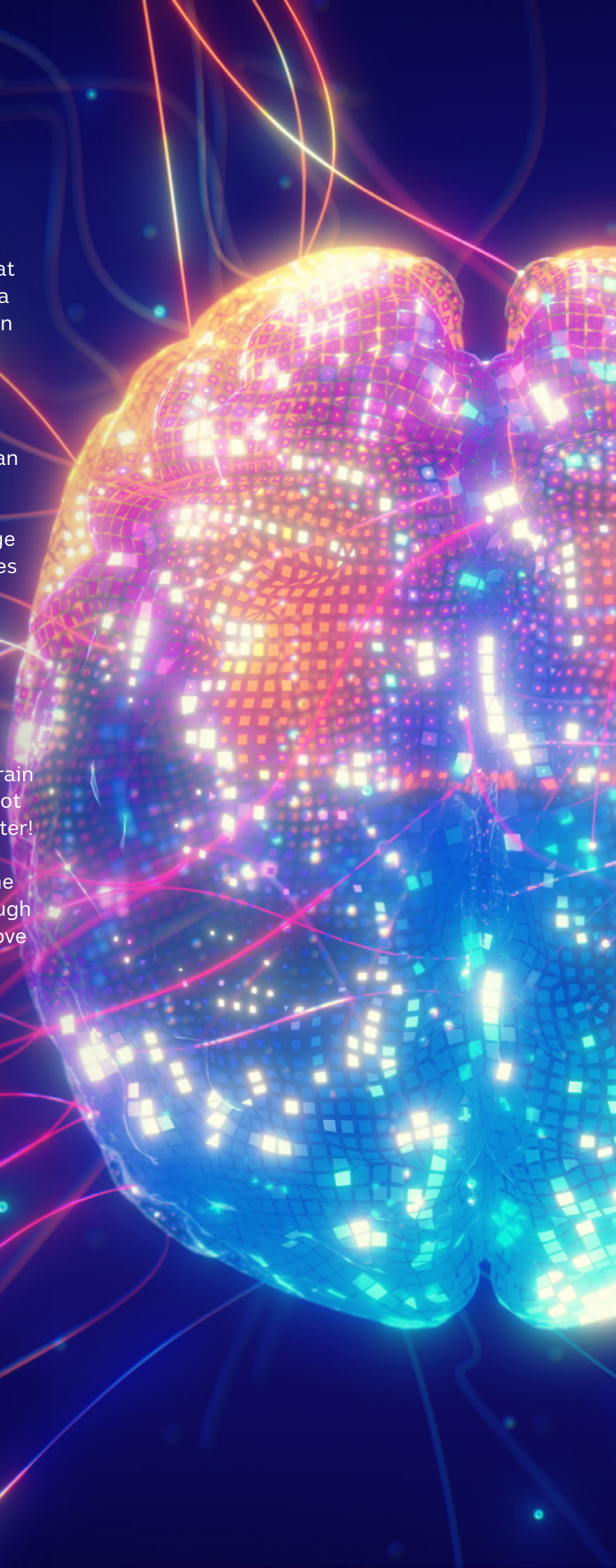
Where does consciousness come from? What we experience as 'reality' is constructed on a moment-to-moment basis in the brain, so can we change it to make our lives better? Our brain contains billions of nerve cells interacting with each other, and from this activity emerges the whole spectrum of experience that we call human nature, human consciousness and reality.

Our Brain: Explained explores how we change our perception of reality and change our lives for the better.

EPISODE 2 SMARTER

The most commonly held belief about the brain is wrong – intelligence is not fixed. You are not limited by your current IQ, you can get smarter! Every brain is dynamic, adaptable, flexible, trainable and repairable. Just as we've come to realise that we can better our bodies through positive lifestyle habits, so too can we improve our brain's performance.

Unlock the science behind brain fitness, memory enhancement and mental acuity in *Our Brain: Smarter*.



EPISODE SYNOPSES

EPISODE 3 RECHARGED

What happens when we sleep has remained a mystery for millennia, but scientists are now pulling back the curtain to reveal the incredible significance of this nocturnal state.

Within the brain, sleep enriches a diversity of functions, including our ability to learn, memorise, and make logical decisions and choices. It also plays a significant role in preventing the cognitive decline associated with conditions like dementia.

Our Brain: Recharged explores what drives sleep, its amazing brain benefits and what happens when we don't get enough.

EPISODE 4 HAPPIER

Ground-breaking work by scientists over the last two decades has revealed the importance of happiness. Gone is the long-held belief that happiness is simply nice to have. Now, we know it is the essential ingredient for living our best possible lives.

Scientific discoveries are revealing new ways we can combat anxiety, improve our wellbeing and make ourselves happier.

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