



## The Body Has a Mind of its Own: How Body Maps in Your Brain Help You Do (almost) Everything Better (Paperback)

By Sandra Blakeslee, Matthew Blakeslee

Random House USA Inc, United States, 2008. Paperback. Book Condition: New. Reprint. 208 x 135 mm. Language: English . Brand New Book. Your body has a mind of its own. You know it's true. You can sense it, even though it may be hard to articulate. You know that your body is more than a vehicle for your brain to cruise around in, but how deeply are mind and body truly interwoven? Answers can be found in the emerging science of body maps. Just as road maps represent interconnections across the landscape, your many body maps represent all aspects of your bodily self. Your self doesn't begin and end with your physical body but extends into the space around you. When you drive a car, your personal body space grows to envelop it. When you play a video game, your body maps automatically track and emulate the actions of your character onscreen. If your body maps fall out of sync, you may have an out-of-body experience or see auras around other people. The Body Has a Mind of Its Own explains how you can tap into the power of body maps to do almost anything better: play tennis,...



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