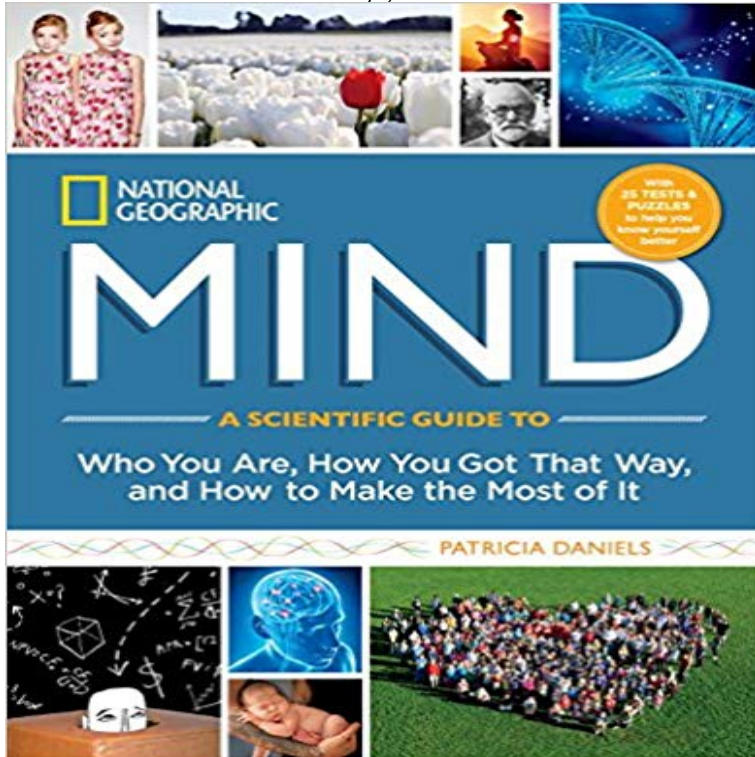


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Combining leading theories of psychology and behavior with case studies, personality quizzes, and practical advice, National Geographic Mind explores the question we all enjoy asking: Who am I? A companion to National Geographic's Body and Brain, this whimsically illustrated reference explores today's theories of personality, mixing scientific theory with an underlying message by knowing more about your own psychology, you can have a better life. Chapters start with the anatomy, evolution, and development of the human brain, then move into such interesting areas as intuition, creativity, motivation, faith, and ethics—all facets of a unique personality. Quirky, often funny, always thought-provoking photographs, cartoons, and illustrations bring the message home on every page. Interesting scenarios of mental health and mental deviance make for a lively, readable narrative that combines today's leading theories in the science of the mind and personality with life-enhancing questions, quizzes, practices, and tools for self-discovery. An entertaining book about science, National Geographic Mind connects with the reader in a very personal and ultimately helpful way.

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