



Alles Einbildung!: Was unser Gehirn tatsächlich wahrnimmt (German Edition)

Heiko J. Luhmann

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Was ist Wirklichkeit? Was nehmen wir wahr? Was ist Bewusstsein und wie wird es beeinflusst oder verändert? Mit diesen Fragen beschäftigt sich die Hirnforschung und kommt zu dem Ergebnis, dass unser Gehirn die Wirklichkeit nicht abbilden kann. Persönliche Erfahrungen und die Umwelt prägen unsere Wahrnehmung, durch Schlaf, Meditation und Krankheit wird sie verändert. Wir nehmen die Realität nicht so wahr, wie sie ist, sondern so, wie wir sind und was unsere Neuronen mit ihr machen. Jeder Mensch anders und ganz individuell. Heiko J. Luhmann gibt einen Überblick zu den aktuellen Erkenntnissen der Neurowissenschaften – vom Aufbau des Gehirns, über die verschiedensten Einflüsse auf die Wahrnehmung bis hin zu deren zukünftiger Nutzung.



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