

# Contents

## INTRODUCTION

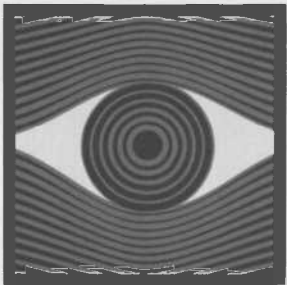
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## 01. MEET YOUR BRAIN

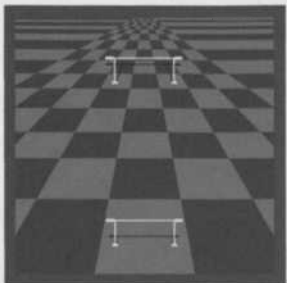
Your brain is amazing. But what exactly is a brain, and how does it work?



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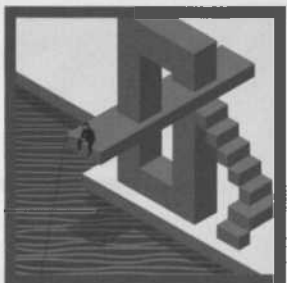
How your brain weaves many strands of sensory information into a seamless impression of reality.



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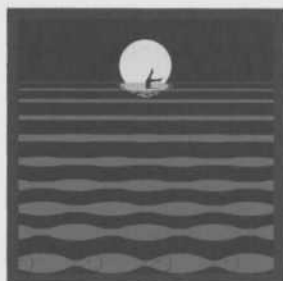
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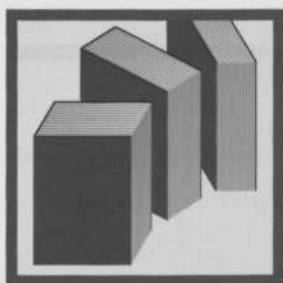
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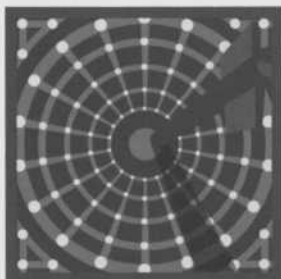
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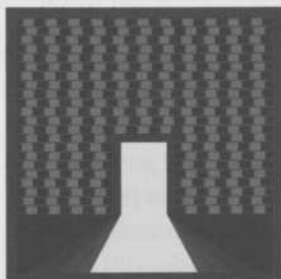
We spend much of our lives in bed, yet sleep is still one of life's enigmas. Why do we need it?



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