

- ♦ is more flexible and multidimensional than any supercomputer.
- ♦ can learn seven facts per second, every second, for the rest of your life and still have plenty of room left to learn more.
- ♦ will *improve* with age if you use it properly.
- ♦ is not just in your head. According to renowned neuroscientist Dr. Candace Pert, “. . . intelligence is located not only in the brain but in cells that are distributed throughout the body. . . . The traditional separation of mental processes, including emotions, from the body is no longer valid.”
- ♦ is unique. Of the six billion people currently living and the more than ninety billion people who have ever lived, there has never, unless you are an identical twin, been anyone quite like you. Your creative gifts, your fingerprints, your expressions, your DNA, your dreams, are unprecedented and unique.
- ♦ is capable of making a virtually unlimited number of synaptic connections or potential patterns of thought.

This last point was established first by Pyotr Anokhin of Moscow University, a student of the legendary psychological pioneer Ivan Pavlov. Anokhin staggered the entire scientific community when he published his research in 1968 demonstrating that the minimum number of potential thought patterns the average brain can make is the number 1 followed by 10.5 million kilometers of typewritten zeros.

**W**hat happens to your brain as you get older? Many people assume that mental and physical abilities necessarily decline with age; that we are, after age twenty-five, losing significant brain capacity on a daily basis. Actually, the average brain can improve with age. Our neurons are capable of making increasingly complex new connections throughout our lives. And, our neuronal endowment is so great that, even if we lost a thousand brain cells every day for the rest of our lives, it would still be less than 1 percent of our total (of course, it's important not to lose the 1 percent that you actually use!).