

Brain Health 101

Sleep = Maintenance mode



Brain Health 101

Regular Exercise



Brain Health 101

Learn a New Skill



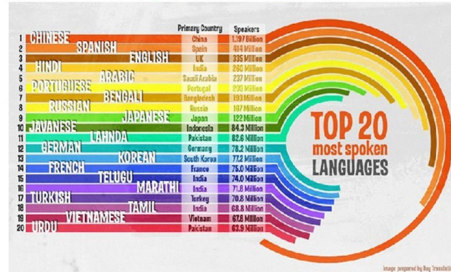
Brain Health 101

Learn a Musical Instrument



Brain Health 101

Bilingual = Stronger Brain



Brain Health 101

A heart healthy diet is a brain healthy diet!

THE MIND DIET



Your brain craves new, novel, different experiences! So if you already proficient with a skill, you need to learn a new one.

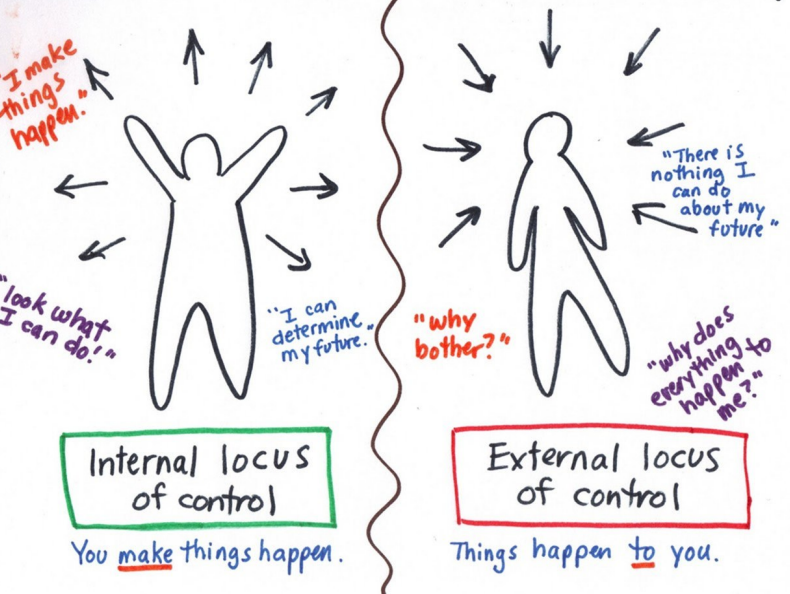


The GOOD NEWS about learning a skill, instrument, or language is that you don't have to be good at it! The important part is to keep being curious. Keep learning new things.

There are two ways to be fooled. One is to believe what isn't true; the other is to refuse to believe what is true.

-Søren Kierkegaard

WHICH IS YOUR LOCUS OF CONTROL?



Confirmation Bias vs. Belief Perseverance

Definition: not bothering to seek out information that contradicts your ideas

Definition: holding on to your ideas over time, and actively rejecting information that contradicts your ideas

Benefits and downsides: enables quick solutions, but misses finding out when first guesses are wrong

Benefits and downsides: less internal mental conflict, but more social conflict

You can't believe everything you think!

The Color Test

Colors are associated with personality types. Does your favorite color describe you?

RED	extroverted courageous confident ambitious competitive	PINK	friendly approachable romantic optimistic naive	PURPLE	sensitive creative idealistic free-spirited unique
ORANGE	optimistic flamboyant agreeable sociable lively	WHITE	independent open confident optimistic wise	BLACK	strong-willed independent confident serious introverted
YELLOW	cheerful creative critical independent articulate	GREEN	stable moral inquisitive strong-willed need to belong	BLUE	peaceful conventional harmonious conservative compassionate

Did your color describe your personality?
Did any color describe you?

YES

You have fallen victim to the Barnum Effect.

WHAT?

The tendency to find personal meaning in generic terms that could apply to almost anybody.

NO

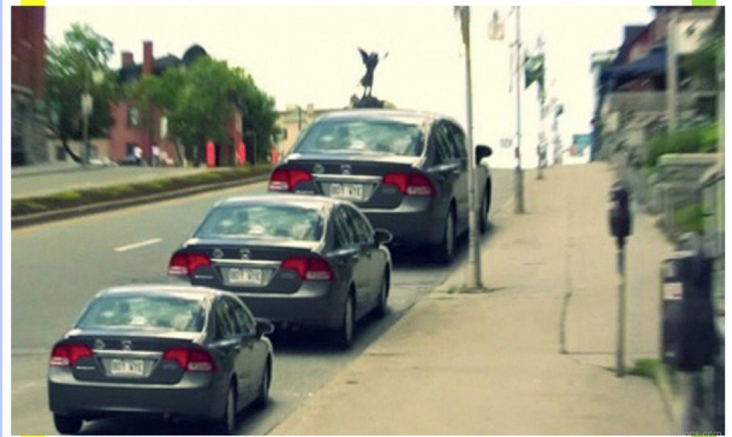
You are very smart, but for argument's sake, pick yes.

QUALITIES?

- 1) Vague - not specific
- 2) often includes opposites in the same statement.
- 3) Modal - applies to a large group
- 4) Favorable - more positive statements

WHY?

- 1) Authority-source seems trustworthy
- 2) Gullibility
- 3) Generality-statements can apply to almost anyone
- 4) Favorable-mainly positive, desirable traits
- 5) Personalization-seems like analysis is specifically tailored for the person



The Ponzo Illusion

The cars appear to be different sizes, but they are all the same size. Take a ruler and measure them. We interpret the cars as each being farther away, so we see it as larger because a farther car would have to be larger than a nearer one for both to produce retinal images of the same size.

The day you stop learning is the day you begin decaying.

-Isaac Asimov

Want to learn more?

Here are two entertaining TV series good for solid science and rational thought. .

Brain Games - Nat Geo
Adam Ruins Everything - TruTV

BOOK SHELF

Liked the Mind Games program?

Here are some good books for further study.

- The Hidden Brain - Shankar Vedantam
- Why People Believe Weird Things - Michael Shermer
- Quirkology - Richard Wiseman
- Paranormality - Richard Wiseman
- 101 Bets You Will Always Win - Richard Wiseman
- Captivology - Ben Parr
- Thinking, Fast and Slow by Daniel Kahneman
- The Skeptic's Guide To The Universe - Dr. Steven Novella
- Extraordinary Beliefs - Peter Lamont
- The Lottery - Shirley Jackson

A LITTLE ABOUT YOUR PRESENTER

Born on the Southwest side of Chicago, William Pack got his first job in a magic shop at the age of 11. He is an award winning magician and storyteller, Victorian séance re-enactor, former card cheat, ex-casino surveillance, occasional author, and historian. His natural comedy and astonishing sleight of hand has made him a popular choice for banquet and party entertainment. Available for Corporate and Private events.



- ♣ PROFESSIONAL
- ♦ MEMORABLE
- ♥ ENTERTAINING
- ♠ FUN

WILLIAM PACK
MORE THAN MAGIC