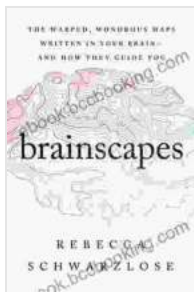


The Warped Wondrous Maps Written In Your Brain And How They Guide You

We all have a mental map of our world. It's not a perfect map, of course, but it's good enough to get us around. We know where our home is, where our work is, and where our favorite restaurants are. We can even find our way to new places, even if we've never been there before.

How do we do it? How do we create and use these mental maps? The answer lies in a part of our brain called the hippocampus.



Brainscapes: The Warped, Wondrous Maps Written in Your Brain—And How They Guide You by Rebecca Schwarzlose

★★★★☆ 4.5 out of 5

Language	: English
File size	: 17386 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 317 pages



The hippocampus is a small, curved structure located in the medial temporal lobe of the brain. It's responsible for memory and spatial navigation. The hippocampus is divided into two halves, one for each hemisphere of the brain. The left hippocampus is responsible for memory and spatial navigation for the right side of the body, and the right

hippocampus is responsible for memory and spatial navigation for the left side of the body.

The hippocampus is constantly receiving information from our senses. This information includes visual information, auditory information, and vestibular information. The hippocampus uses this information to create a mental map of our surroundings.

The mental map created by the hippocampus is not a perfect representation of the real world. It's a simplified version, with only the most important landmarks included. This is because the hippocampus is only capable of storing a limited amount of information. The hippocampus also warps the mental map to make it easier to use. For example, the hippocampus will often make shortcuts between landmarks, even if those shortcuts don't exist in the real world.

The mental map created by the hippocampus is essential for navigation. We use it to find our way around our environment, even if we've never been there before. The mental map also helps us to remember where we've been and how to get back to familiar places.

The hippocampus is a remarkable structure that plays a vital role in our ability to navigate our world. It's a complex structure, and scientists are still learning how it works. However, the research that has been done so far has given us a glimpse into the amazing power of the human brain.

How to Improve Your Spatial Cognition

If you want to improve your spatial cognition, there are a few things you can do.

1. **Get regular exercise.** Exercise has been shown to improve spatial cognition in both children and adults.
2. **Play video games.** Video games that require spatial navigation, such as first-person shooters and adventure games, can help to improve your spatial cognition.
3. **Learn to play a musical instrument.** Playing a musical instrument has been shown to improve spatial cognition in both children and adults.
4. **Meditate.** Meditation has been shown to improve spatial cognition in both children and adults.

By following these tips, you can improve your spatial cognition and make it easier to navigate your world.

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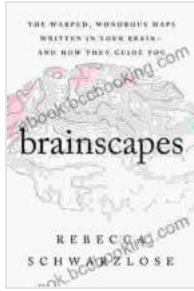
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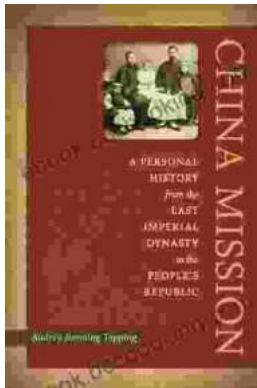
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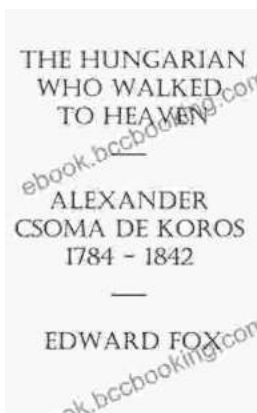


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