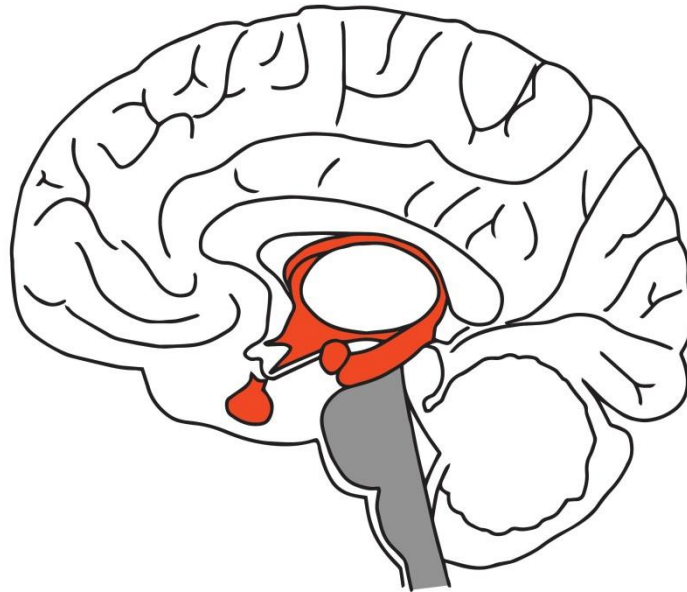

The Brain



The Brain

The brain weighs about three pounds and its texture is similar to jelly.

The **top part** of the brain, in white, called the cerebrum, is where our brain processes information: our thinking, planning, remembering, and perceiving. We also call this the *cognitive brain*. This is where the new strategies, methods, and concepts we learn will be processed so that our brains gradually change, and our new habits become “automatic.”

The **middle part** of the brain, in red, is the mid-region part of the brain and is sometimes referred to as the “limbic system.” This region of the brain, for our purposes, processes emotions and can be called the *emotional brain*. It controls *all* of our emotions – the negative ones, such as anxiety, fear, depression, irritation, frustration, and anger – and also the positive emotions, such as peace, happiness, humor, enjoyment, contentment, and calmness.

The **brainstem** (in gray) sits on top of the spinal column, and keeps you alive (i.e., through its involuntary activities, such as regulating heartbeat and breathing.)