



## daily GOOD

Sitting on your shoulders is the most complicated object in the known universe. --Michio Kaku

### **Make Like A Neuron, Be As Connected As Possible**

There are more neurons packed into the expansive confines of a human skull than there are human bodies jostling together on this swirling sphere we call Earth. How many neurons is that exactly? Dedicate a few billion of your own brain cells, if you will, to imagining the colorful millions of Calcutta; add to them the commuters careening through Bangkok, the campesinos picking coffee in Guatemala, the workers packing computer chips in China, the unemployed squinting through the smog of Mexico City. Fire up a few more neurons and pull the nomads off the wind-scoured Mongolian plains, tease the monks from their frigid Himalayan caves, and entice the CEOs from their high-back leather chairs. Add in the Inuit men dreaming, right now, of whale breath rising above the curved horizon of the Arctic Ocean. Think of everyone you can, everyone on Earth..." Hank Lentfer opens our eyes to the wonder of our neurons in this short piece.

### **Be The Change:**

For more inspiration, check out this TED talk by Sandrine Thuret, "You Can Grow More Brain Cells, Here's How."