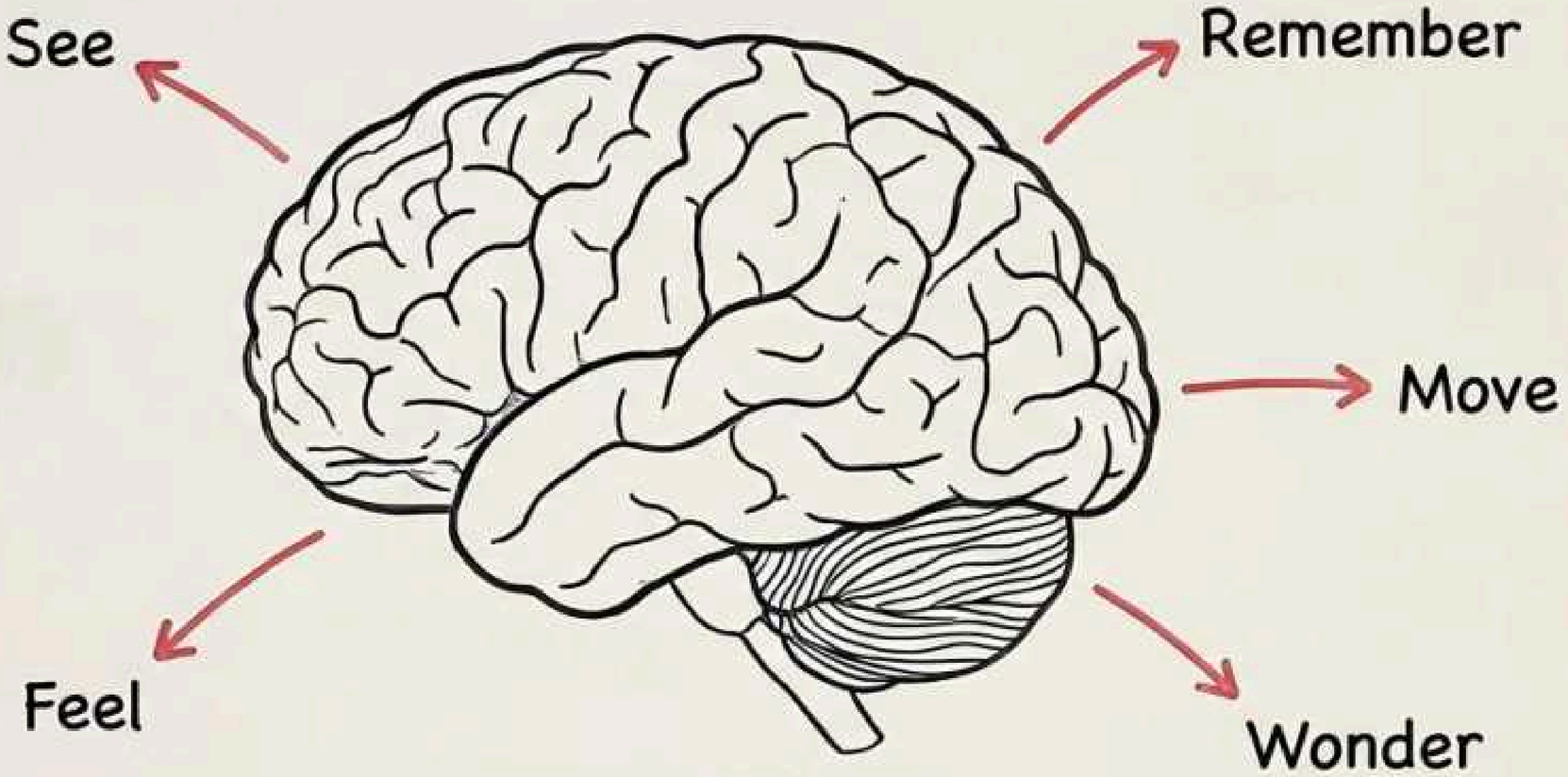


Questions & Feedback Welcome

- Email: garyanderson@mail.grokbot.com
- X: @garyanderson

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Three pounds of soft tissue,
packed with billions of cells...

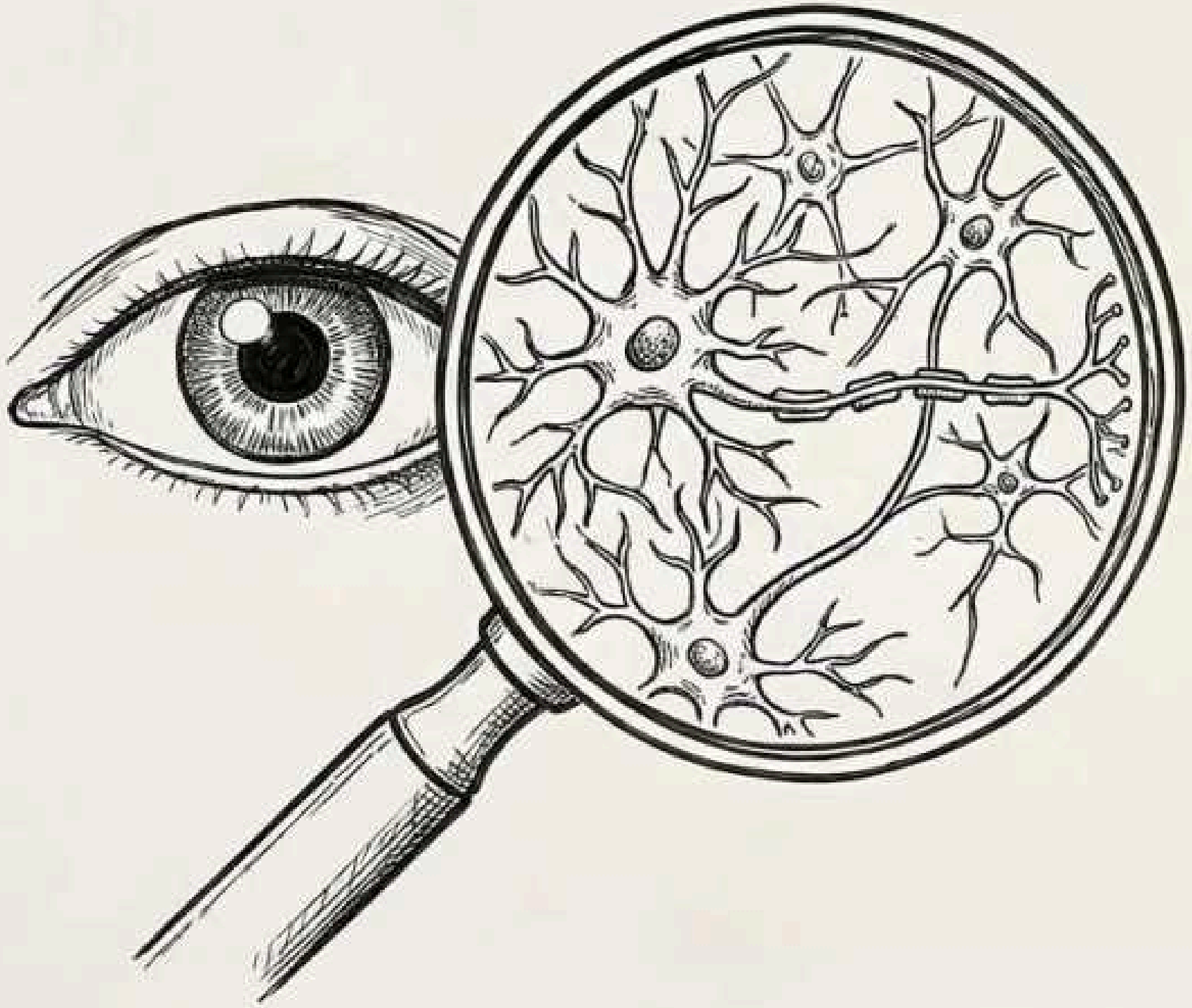
A puzzle for physicians, philosophers, and physicists—now a fast-growing science.

Gemini Notebook

Why study the nervous system?

¶ 0.3

Because it is the part of you that does the studying.

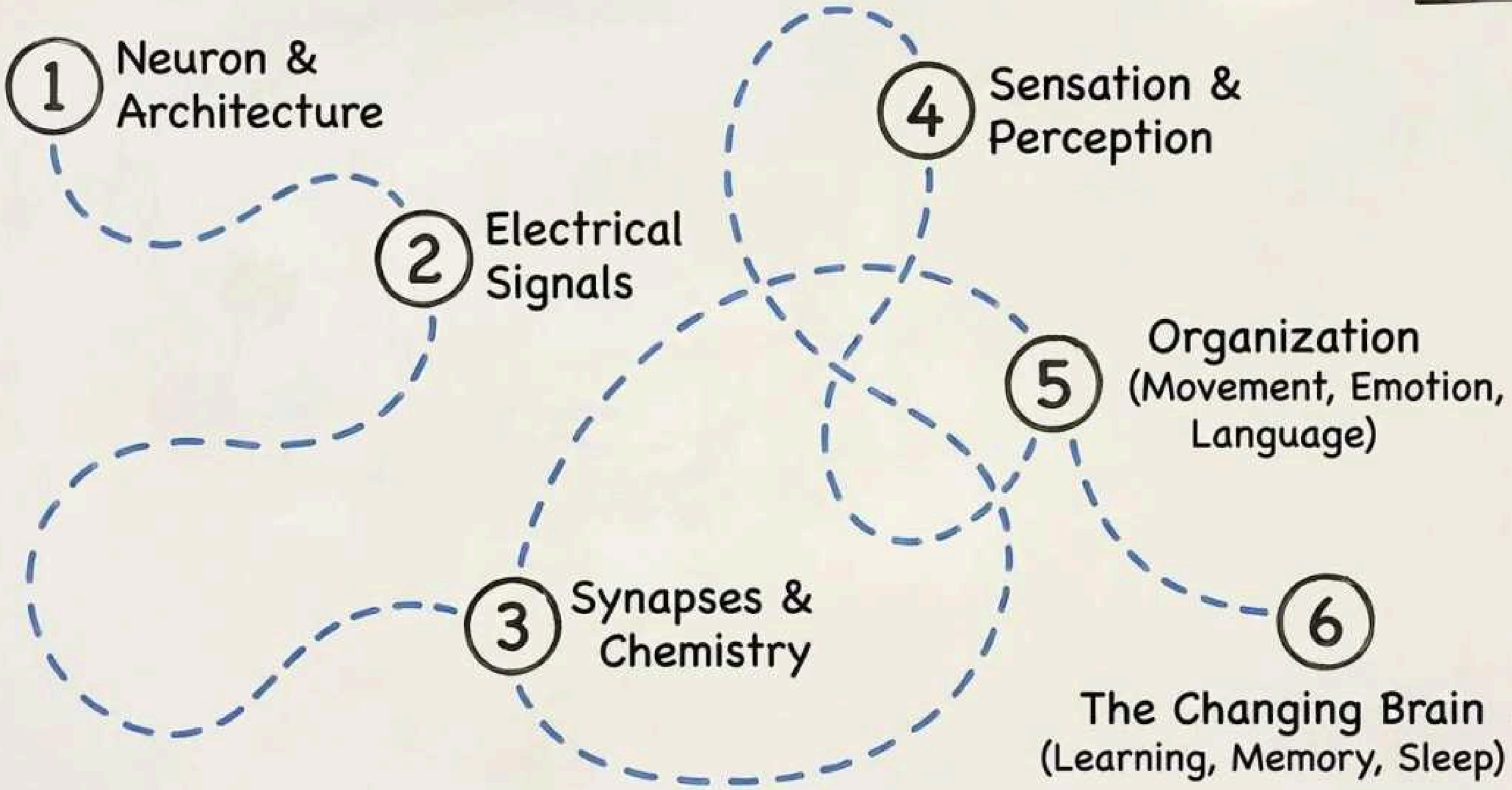


- ☑ Every thought
- ☑ Every memory
- ☑ Every sensation
- ☑ Every decision

...happens in living cells that you can observe and measure.

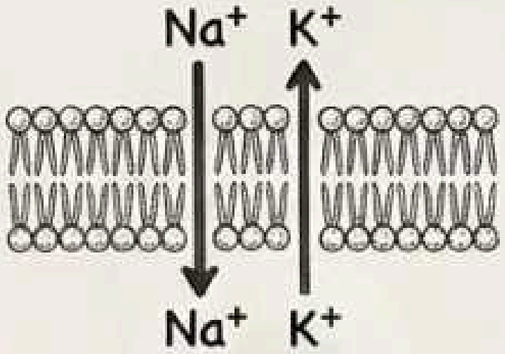
Gemini Notebook

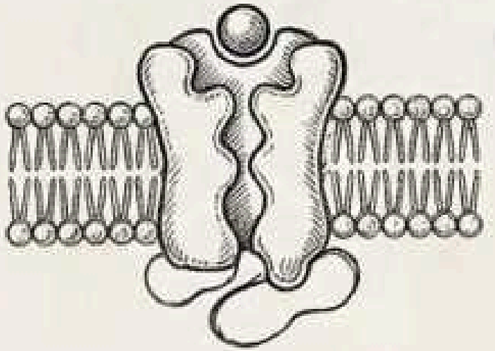
¶ 0.4

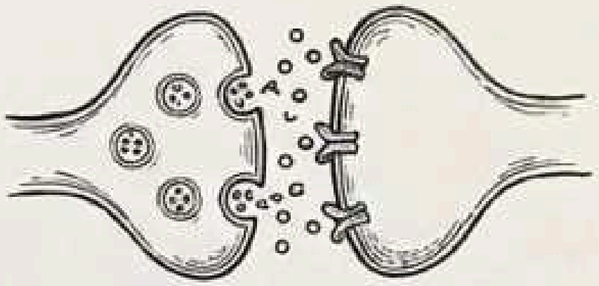


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Simple Events







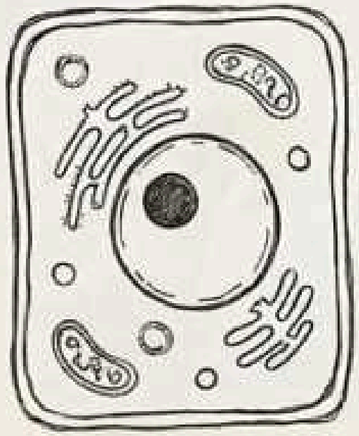
Neuroscience shows how the simple adds up to a mind.



Unified & Effortless Experience

Gemini Notebook

Biology



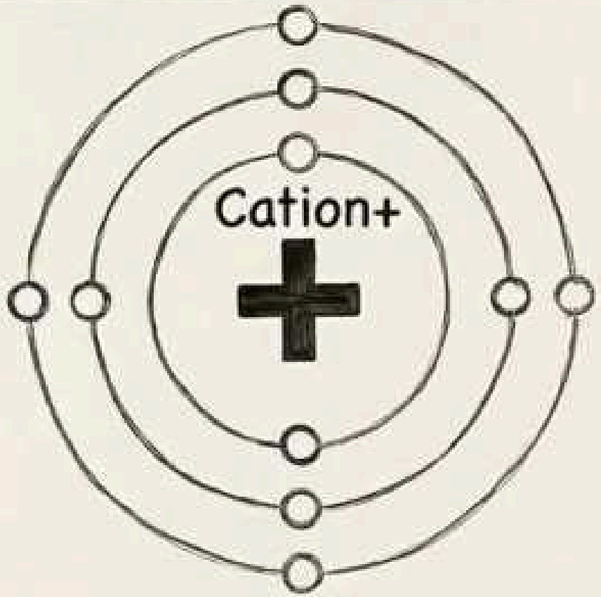
High school memory is enough. No medical background assumed. Every new term is explained.

Arithmetic & Metrics

Ordinary arithmetic.

+ m = S mV

Basic Chemistry

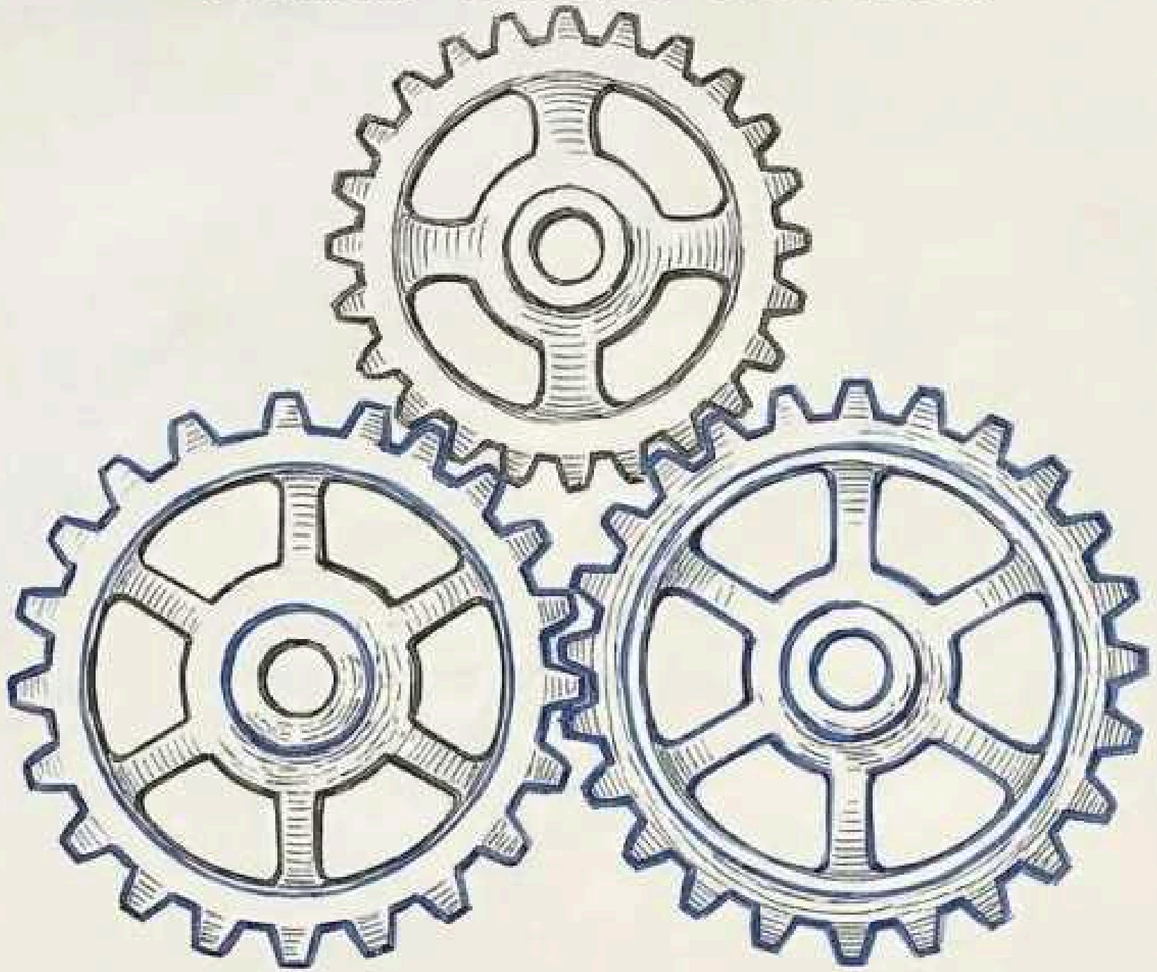


Atoms can carry an electric charge.

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Human Teacher Direction

Artificial Intelligence Assistance



Computer Arithmetic Validation (checks every worked calculation)

Mistakes are still possible. Paragraphs are numbered (like this one) so you can report anything that looks wrong.

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This Course / Education

Focuses on how healthy brains work. Mentions disorders only as examples.

Not Medical Advice

If worried about symptoms, mood, memory, or sleep, consult a qualified health professional.



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¶0.9

Step 1

Watch Video / Read Transcript (or both).

Step 2

Track Paragraph Numbers (e.g., lecture 3, paragraph 5 = 3.5).

Step 3

Take 5-Question Quiz (Answers link directly back to paragraphs).

Step 4

Ponder the Concluding Thought Question.

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¶ 0.10



Do not just reread to learn facts.

1. Close the page.

2. Explain aloud or Draw (the neuron, the synapse, the signal pathway).

3. Check yourself against the text.

3. Check yourself the text.

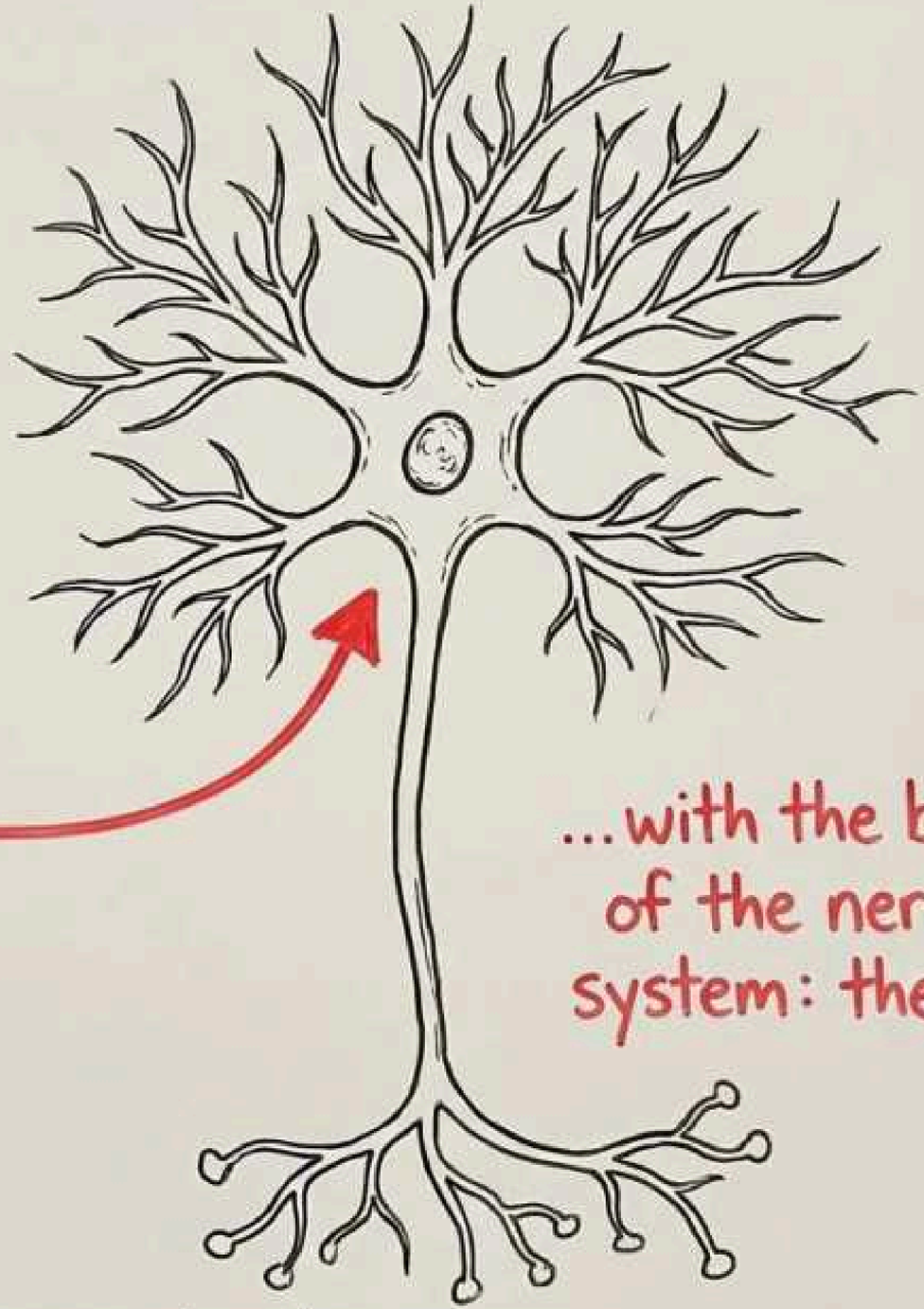
The effort of recall is what makes learning stick.

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¶ 0.11

Reminder:

Questions & Feedback to
garyanderson@mail.grokbot.com
or @garyanderson on X.



Now let us begin...

...with the basic unit of the nervous system: the neuron.

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