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The Volume II is entitled “Neurostimulation and pharmacological approaches”. This volume describes augmentation approaches, where improvements in brain functions are achieved by modulation of brain circuits with electrical or optical stimulation, or pharmacological agents. Activation of brain circuits with electrical currents is a conventional approach that includes such methods as (i) intracortical microstimulation (ICMS), (ii) transcranial direct current stimulation (tDCS), and (iii) transcranial magnetic stimulation (TMS). tDCS and TMS are often regarded as noninvasive methods. Yet, they may induce long-lasting plastic changes in the brain. This is why some authors consider the term “noninvasive” misleading when used to describe these and other techniques, such as stimulation with transcranial lasers. The volume further discusses the potential of neurostimulation as a research tool in the studies of perception, cognition and behavior. Additionally, a notion is expressed that brain augmentation with stimulation cannot be described as a net zero sum proposition, where brain resources are reallocated in such a way that gains in one function are balanced by costs elsewhere. In recent years, optogenetic methods have received an increased attention, and several articles in Volume II cover different aspects of this technique. While new optogenetic methods are being developed, the classical electrical stimulation has already been utilized in many clinically relevant applications, like the vestibular implant and tactile neuroprosthesis that utilizes ICMS. As a peculiar usage of neurostimulation and pharmacological methods, Volume II includes several articles on augmented memory. Memory prostheses are a popular recent development in the stimulation-based BMIs. For example, in a hippocampal memory prosthesis, memory content is extracted from hippocampal activity using a multiple-input, multiple-output non-linear dynamical model. As to the pharmacological approaches to augmenting memory and cognition, the pros and cons of using nootropic drugs are discussed.

In an age where the amount of data collected from brain imaging is increasing constantly, it is of critical importance to analyse those data within an accepted framework to ensure proper integration and comparison of the information collected. This book describes the ideas and procedures that underlie the analysis of signals produced by the brain. The aim is to understand how the brain works, in terms of its functional architecture and dynamics. This book provides the background and methodology for the analysis of all types of brain imaging data, from functional magnetic resonance imaging to magnetoencephalography. Critically, Statistical Parametric Mapping provides a widely accepted conceptual framework which allows treatment of all these different modalities. This rests on an understanding of the brain’s functional anatomy and the way that measured signals are caused experimentally. The book takes the reader from the basic concepts underlying the analysis of neuroimaging data to cutting edge approaches that would be difficult to find in any other source. Critically, the material is presented in an incremental way so that the reader can understand the precedents for each new development. This book will be particularly useful to neuroscientists engaged in any form of brain mapping; who have to contend with the real-world problems of data analysis and understanding the techniques they are using. It is primarily a scientific treatment and a didactic introduction to the analysis of brain imaging data. It can be used as both a textbook for students and scientists starting to use the techniques, as well as a reference for practicing neuroscientists. The book also serves as a companion to the software packages that have been developed for brain imaging data analysis. An essential reference and companion for users of the SPM software Provides a complete description of the concepts and procedures entailed by the analysis of brain images Offers full didactic treatment of the basic mathematics behind the analysis of brain imaging data Stands as a compendium of all the advances in neuroimaging data analysis over the past decade Adopts an easy to understand and incremental approach that takes the reader from basic statistics to state of the art approaches such as Variational Bayes Structured treatment of data analysis issues that links different modalities and models Includes a series of appendices and tutorial-style chapters that makes even the most sophisticated approaches accessible

For more than 200 years the younger members of the British royal family – including future monarchs – have lived at Kensington Palace, alongside royal aunts and uncles, distant cousins and assorted aristocratic eccentrics. Kensington Palace has been the scene of countless bizarre events – here, for example, the young Queen Victoria was held a virtual prisoner for eighteen years; and it was from Kensington Palace that Queen Caroline ran the country while her husband George II moved his pictures around. In more recent times, Kensington Palace was famously the scene of Charles and Diana’s nightmare marriage and Charles’s serial adulteries. But then Kensington Palace has a long history of royal philandering. George II installed his wife and

mistress in the palace, for example, and made his mistress sleep in a room so damp there were said to be mushrooms growing on the walls. And then there were the eccentrics. George III’s sixth son, Augustus, Duke of Sussex, became a virtual recluse at the palace. He collected hundreds of clocks and mechanical toys, thousands of early Bibles and dozens of songbirds that were allowed to fly freely through the royal apartments. Today, the palace is home to the future King William and his wife Catherine, and until recently home to the newly married Duke and Duchess of Sussex, Harry and Meghan. The palace has been described as a royal menagerie, a hive of industrious freeloaders, an ant heap and even a lunatic asylum.Tom Quinn takes the reader behind the official version of palace history to discover intriguing, sometimes wild, often scandalous, but frequently heart-warming stories.

Provides an explanation of phonics, a method of reading instruction that focuses on the relationship between sounds and their spellings, and features over one hundred activities for the classroom, as well as sample lessons, word lists, and teaching strategies.

NSCA’s Guide to Sport and Exercise Nutrition provides valuable information and guidelines that address the nutrition needs for the broad range of clientele serviced by strength and conditioning professionals, personal trainers, and sport dietitians. Whether you work with fitness enthusiasts or competitive athletes, this resource will lead you through the key concepts of sport and exercise nutrition so that you can assess an individual’s nutrition status and—if it falls within your scope of practice—develop customized nutrition plans. Developed by the National Strength and Conditioning Association (NSCA) and subjected to an intensive peer-review process, this authoritative resource offers the latest research and literature review from respected scientists and practitioners with expertise in nutrition, exercise, and sport performance. NSCA’s Guide to Sport and Exercise Nutrition covers all aspects of food selection, digestion, metabolism, and hydration relevant to sport and exercise performance. This comprehensive resource will help you understand safe and effective ways to improve training and performance through natural nutrition-based ergogenic aids like supplementation and macronutrient intake manipulation. You will also learn guidelines about proper fluid intake to enhance performance and the most important criteria for effectively evaluating the quality of sport drinks and replacement beverages. Finally, cutting-edge findings on nutrient timing based on the type, intensity, and duration of activity will help you understand how to recommend the correct nutrients at the ideal time to achieve optimal performance results. In addition to presenting research relating to sport and exercise nutrition, each chapter includes a professional application section that will help you make the connection between the literature and its practical implementation. Sidebars emphasize important topics, and reproducible forms consisting of a food log, brief athlete nutrition assessment, and goal-setting questionnaire can be copied and shared with your clients. A running glossary keeps key terms at your fingertips, and extensive references within the text offer starting points for your continued study and professional enrichment. Each client and athlete requires a customized diet tailored to the frequency, intensity, duration, and specificity of the training and demands of the sport or activity. With NSCA’s Guide to Sport and Exercise Nutrition, you will learn how food, sport supplements, and their interactions with a client’s biological systems can enhance exercise and sport performance for optimal training, recovery, and competition. NSCA’s Guide to Sport and Exercise Nutrition is part of the Science of Strength and Conditioning series. Developed with the expertise of the National Strength and Conditioning Association (NSCA), this series of texts provides the guidelines for converting scientific research into practical application. The series covers topics such as tests and assessments, program design, nutrition, and special populations.

This pioneering volume of essays explores the destruction of great libraries since ancient times and examines the intellectual, political and cultural consequences of loss. Fourteen original contributions, introduced by a major re-evaluative history of lost libraries, offer the first ever comparative discussion of the greatest catastrophes in book history from Mesopotamia and Alexandria to the dispersal of monastic and monarchical book collections, the Nazi destruction of Jewish libraries, and the recent horrifying pillage and burning of books in Tibet, Bosnia and Iraq.

The final volume in this tripartite series on Brain Augmentation is entitled “From Clinical Applications to Ethical Issues and Futuristic Ideas”. Many of the articles within this volume deal with translational efforts taking the results of experiments on laboratory animals and applying them to humans. In many cases, these interventions are intended to help people with disabilities in such a way so as to either restore or extend brain function. Traditionally, therapies in brain augmentation have included electrical and pharmacological techniques. In contrast, some of the techniques discussed in this volume add specificity by targeting select neural populations. This approach opens the door to where and how to promote the best interventions. Along the way, results have empowered the medical profession by expanding their understanding of brain function. Articles in this volume relate novel clinical solutions for a host of neurological and psychiatric conditions such as stroke, Parkinson’s disease, Huntington’s disease, epilepsy, dementia, Alzheimer’s disease, autism spectrum disorders (ASD), traumatic brain injury, and disorders of consciousness. In disease, symptoms and signs denote a departure from normal function. Brain augmentation has now been used to target both the core symptoms that provide specificity in the diagnosis of a disease, as well as other constitutional symptoms that may greatly handicap the individual. The volume provides a report on the use of repetitive transcranial magnetic stimulation (rTMS) in ASD with reported improvements of core deficits (i.e., executive functions). TMS in this regard departs from the present-day trend towards symptomatic treatment that leaves unaltered the root cause of the condition. In diseases, such as schizophrenia, brain augmentation approaches hold promise to avoid lengthy pharmacological interventions that are usually riddled with side effects or those with limiting returns as in the case of Parkinson’s disease. Brain stimulation can also be used to treat auditory verbal hallucination, visuospatial (hemispatal) neglect, and pain in patients suffering from multiple sclerosis. The brain acts as a telecommunication transceiver wherein different bandwidth of frequencies (brainwave oscillations) transmit information. Their baseline levels correlate with certain behavioral states. The proper integration of brain oscillations provides for the phenomenon of binding and central coherence. Brain augmentation may foster the normalization of brain oscillations in nervous system disorders. These techniques hold the promise of being applied remotely (under the supervision of medical personnel), thus overcoming the obstacle of travel in order to obtain healthcare. At present, traditional thinking would argue the possibility of synergism among different modalities of brain augmentation as a way of increasing their overall effectiveness and improving therapeutic selectivity. Thinking outside of the box would also provide for the implementation of brain-to-brain interfaces where techniques, proper to artificial intelligence, could allow us to surpass the limits of natural selection or enable communications between several individual brains sharing memories, or even a global brain capable of self-organization. Not all brains are created equal. Brain stimulation studies suggest large individual variability in response that may affect overall recovery/treatment, or modify desired effects of a given intervention. The subject’s age, gender, hormonal levels may affect an individual’s cortical excitability. In addition, this volume discusses the role of social interactions in the operations of augmenting technologies. Finally, augmenting methods could be applied to modulate consciousness, even though its neural mechanisms are poorly understood. Finally, this volume should be taken as a debate on social, moral and ethical issues on neurotechnologies. Brain enhancement may transform the individual into someone or something else. These techniques bypass the usual routes of accommodation to environmental exigencies that exalted our personal fortitude: learning, exercising, and diet. This will allow humans to preselect desired characteristics and realize consequent rewards without having to overcome adversity through more laborious means. The concern is that humans may be playing God, and the possibility of an expanding gap in social equity where brain enhancements may be selectively available to the wealthier individuals. These issues are discussed by a number of articles in this volume. Also discussed are the relationship between the diminishment and enhancement following the application of brain-augmenting technologies, the problem of “mind control” with BMI technologies, free will the duty to use cognitive enhancers in high-responsibility professions, determining the population of people in need of brain enhancement, informed public policy, cognitive biases, and the hype caused by the development of brain- augmenting approaches.