

## The Journal Of Mental Science Volume 45

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The Journal Of Mental Science Volume 45

Chapter 45 - The Edinburgh Lectures on Mental Science - Chapter 45 - The Edinburgh Lectures on Mental Science by Thomas Troward - Topic 74 views 2 minutes, 3 seconds - Provided to YouTube by Bookwire Chapter **45**, - The Edinburgh Lectures on **Mental Science**, · Thomas Troward The Edinburgh ...

Dr. Duncan French: How to Exercise for Strength Gains & Hormone Optimization | Huberman Lab #45 - Dr. Duncan French: How to Exercise for Strength Gains & Hormone Optimization | Huberman Lab #45 by Andrew Huberman 306,258 views 2 years ago 1 hour, 30 minutes - In this episode, I talk to Dr. Duncan French, Ph.D., the Vice President of Performance at the UFC Performance Institute and a ...

Dr. Duncan French

Roka, Helix Sleep, Headspace

Duncan's Background in Exercise Science

How Certain Exercises Increase Testosterone

What Kind of Training Increases Testosterone & Growth Hormone?

Intensity: Mechanical Load; Volume: Metabolic Load; Inter-set Rest Periods

Training Frequency & Combining Workout Goals

How Stress Can Increase or Decrease Testosterone

Using Cold Exposure for Mindset, Anti-Inflammation, Muscle-Growth

Skill Development

Why Hard Exercise Creates Brain Fog: Role of Nutrition

Low-Carbohydrate Versus All-Macronutrient Diets on Performance

Ketones & Brain Energy, Offsetting Brain Injury; Spiking Glucose During Ketosis

Metabolic Efficiency, Matching Nutrition to Training, "Needs Based Eating"

Duncan's Work with Olympic Athletes, NCAA, UFC (Ultimate Fighting Championship)

Why UFC & MMA (Mixed-Martial Arts) Are So Valuable for Advancing Performance  
Voluntarily Switching Between Different States of Arousal  
Heat, Getting Better at Sweating, Heat Shock Proteins, Sauna  
Using Rotating 12-Week Training Programs; Logging Objective & Subjective Data  
Surprising & Unknown Aspects of The UFC and UFC Performance Institute  
Conclusions, Zero-Cost Support, Sponsors, Supplements, Instagram  
Mental Health Webinar 2022: The Science of Depression and Anxiety - Mental Health Webinar 2022:  
The Science of Depression and Anxiety by QldBrainInstitute 3,732 views 1 year ago 54 minutes -  
One in five Australians experience **mental**, health symptoms every year. This special **Mental**, Health  
Week seminar features QBI's ...  
Percentage Trick vs Reality! - Percentage Trick vs Reality! by LKLogic 890,936 views 1 year ago 17  
seconds – play Short  
The Science & Treatment of Bipolar Disorder | Huberman Lab Podcast #82 - The Science & Treatment  
of Bipolar Disorder | Huberman Lab Podcast #82 by Andrew Huberman 862,418 views 1 year ago  
2 hours, 19 minutes - In this episode, I explain the biology, symptoms, causes and types of bipolar  
disorder (sometimes called bipolar depression).  
Bipolar Disorder  
Momentous Supplements  
Tool: Appetite Suppression & GLP-1, Parallel Pathways, Yerba Mate  
InsideTracker, ROKA, Blinkist  
Prevalence & Severity of Bipolar Disorder  
Bipolar Disorder I, Diagnostic Criteria of Mania  
Bipolar Disorder II, Individual Variability  
Bipolar I vs. Bipolar II: Manic, Depressive & Symptom-Free States  
Consequences of Bipolar Disorder, Heritability  
Bipolar Disorder vs. Borderline Personality Disorder  
Mania & Depression, Negative Impacts  
History of Lithium Treatment  
Lithium Treatment & Side-Effects  
Effects of Lithium: BDNF, Anti-inflammatory & Neuroprotection  
Neural Circuits of Bipolar Disorder, Interoception, Hyper- vs. Hypoactivity  
Neural States & Mania, Parietal Lobe & Limbic System  
Homeostatic Plasticity, Synaptic Scaling, Lithium & Ketamine  
Talk Therapies: Cognitive Behavioral Therapy, Family-Focused Therapy, Interpersonal & Social  
Rhythm Therapy  
Electroconvulsive Therapy (ECT), Transcranial Magnetic Stimulation (rTMS)  
Psylocibin, Cannabis  
Lifestyle Support, Supplements: Inositol & Omega-3 Fatty Acids  
Omega-3s, Membrane Fluidity & Neuroplasticity  
Mania, Creativity & Occupations  
Bipolar Disorder: Diagnosis, Neural Circuits & Treatment  
Zero-Cost Support, YouTube Feedback, Spotify & Apple Reviews, Sponsors, Momentous Supple-  
ments, Instagram, Twitter, Neural Network Newsletter  
How Doctors Accidentally Discovered Psychiatric Drugs - How Doctors Accidentally Discovered  
Psychiatric Drugs by SciShow Psych 142,351 views 5 years ago 7 minutes, 4 seconds - The brain  
is incredibly complex and things just go wrong sometimes, but scientists have managed to create  
effective ...  
psychopharmacology  
psychosis  
hydrazine  
How Gratitude Changes Your Brain > How Gratitude Changes Your Brain by Jim Kwik 331,993 views  
3 months ago 23 minutes - How can you use gratitude to improve not only your mood, but your overall  
cognitive performance? Gratitude is something we've ...  
Kwik Brain  
Benefits of gratitude  
Kwik Reading  
Science behind gratitude  
How to practice gratitude  
Andrew Huberman's Advice On Relationships & Break Ups - Andrew Huberman's Advice On

Relationships & Break Ups by Brain Mindset 21,678 views 11 months ago 8 minutes, 47 seconds - Dr Andrew Huberman In this Recap talks about attachment types & process we go through during break ups... a lot of tools ...

63 common autistic traits you never realised were signs of autism! How many apply to you? - 63 common autistic traits you never realised were signs of autism! How many apply to you? by Autism From The Inside 1,451,910 views 1 year ago 6 minutes, 43 seconds - 63 common autistic traits you never realised were signs of autism. Do you ever wonder if you might be autistic? What is autism ...

Introduction

63 Common Autistic Traits

Are you the opposite of the common autistic traits?

Social Events and Groups

Arranging a meetup in your city

Spotting Autism in Adults - Common Signs and Traits of Autistic Adults - Spotting Autism in Adults - Common Signs and Traits of Autistic Adults by Orion Kelly - That Autistic Guy 2,225,988 views 1 year ago 9 minutes, 49 seconds - Hi! I'm Orion Kelly and I'm Autistic. On this video I share some of the top signs and traits to look out for to spot an #autistic adult.

8 Things Nobody Tells You about Gaining Muscle after 40 - 8 Things Nobody Tells You about Gaining Muscle after 40 by Gravity Transformation - Fat Loss Experts 1,821,225 views 8 months ago 11 minutes, 49 seconds - As you age from 20 to 30 to 40 plus the game of building muscle changes. Some people believe that the younger you start, ...

Intro

Age and muscle loss

Recovery capacity

Rep range

Motor Performance

Protein Intake

Training Volume

11 Secrets to Memorize Things Quicker Than Others - 11 Secrets to Memorize Things Quicker Than Others by BRIGHT SIDE 21,096,110 views 6 years ago 10 minutes, 45 seconds - We learn things throughout our entire lives, but we still don't know everything because we forget a lot of information. Bright Side ...

Why we forget things

How to remember everything

How to memorize something quickly

How to memorize something for a long time

Try to understand what you learn

Learn the most necessary information

Serial position effect

Interference theory

Learn opposite things

Use «nail words»

Make up stories

Use a tape recorder

Visualize

Choose only the best materials

15 Psychological Facts That Will Blow Your Mind - 15 Psychological Facts That Will Blow Your Mind by BRAINY DOSE 3,215,690 views 2 years ago 10 minutes, 20 seconds - Herein we have compiled some of the most interesting psychological facts that will blow your mind! Human psychology explores ...

[Guide] 12 Simple Steps for a Glow Up - [Guide] 12 Simple Steps for a Glow Up by QOVES Studio 892,368 views 9 months ago 7 minutes, 43 seconds - Personalized step-by-step beauty advice: <https://www.qoves.com/services/> Ask The Community About Looks: ...

Body fat

Beta carotene supplementation

Stop touching pimples

Focus on improving your skin homogeneity and skin tone

#4 Eye sclera

Sideburns

Improve Eye Averageness

Eyebrow Thickness

Correct underbite or overbite

Alter your sagittal head tilt

"This Is Why You FEEL LOST & UNHAPPY In Life" - Fix This TODAY! | Andrew Huberman - "This Is Why You FEEL LOST & UNHAPPY In Life" - Fix This TODAY! | Andrew Huberman by Lewis Howes 3,614,144 views 3 years ago 1 hour, 59 minutes - He's received numerous awards and recognitions for his research and publications, including the McKnight Foundation ...

How Much Does the Body Control the Mind and the Mind Control the Body

The Nervous System

Actions

Is Depression a Disease

Breathing Controls Our Level of Alertness

Alveoli of the Lungs

Autonomic Arousal

The Phrenic Nerve

Cortisol Spike

Cortisol Is a Stress Hormone

Adrenal Insufficiency Syndrome

Brain Body Contract

The Dopamine Pathway

Growth Mindset

Releasing Dopamine in Your Mind

Too Much Dopamine

Reward the Harder Steps

Modes of Brain Operations

Neuroplasticity

Deep Relaxation Meditation

Richard Feynman

Deep Rest Phase

Gratitude

Scientific Reasons for Happiness

Gratitude Makes You Happier

Dopamine and Acetylcholine Are the Primary Triggers for Adult Neuroplasticity

The Anti-Aging MIRACLE - 4 Tips to Activate Autophagy - The Anti-Aging MIRACLE - 4 Tips to Activate Autophagy by Naomi Whittel 896,274 views 4 years ago 9 minutes, 7 seconds - Autophagy. It's a word most of us have never heard of, much less know how to pronounce. For starters, it's pronounced ...

HOW CHINESE STUDENTS SO FAST IN SOLVING MATH OVER AMERICAN STUDENTS - HOW CHINESE STUDENTS SO FAST IN SOLVING MATH OVER AMERICAN STUDENTS by NATURAL LIGHTS AFRICA 1,042,498 views 2 years ago 23 seconds – play Short

#45- Emotions and Consciousness w/ Joseph LeDoux - #45- Emotions and Consciousness w/ Joseph LeDoux by PG Radio Clips 3,580 views 4 years ago 48 minutes - Prakhar sits down with Joseph LeDoux, a global authority on the neuroscience of consciousness, fear circuit, anxiety and ...

Intro

Music

Josephs research

Emotions vs Mental States

Preservation of Consistency

Emotions

Metacognition

Mental Time Travel

Pneumatic Consciousness

Philosophy of Consciousness

Animal Consciousness

Consciousness

Anxiety

The Science of Gratitude & How to Build a Gratitude Practice | Huberman Lab Podcast #47 - The Science of Gratitude & How to Build a Gratitude Practice | Huberman Lab Podcast #47 by Andrew Huberman 1,014,731 views 2 years ago 1 hour, 25 minutes - In this episode, I discuss the **science**,

of gratitude, which has been shown in peer-reviewed studies to have tremendous positive ...

Introduction: Gratitude Science & Surprises

Controlling Heart Rate with Story

Sponsors: ROKA, InsideTracker, Magic Spoon

Major, Long-Lasting Benefits of Gratitude Practice

Prosocial vs. Defensive Thinking, Behaviors, & Neural Circuits

Why We All Need an Effective Gratitude Practice

Neurochemistry & Neural Circuits of Gratitude

Prefrontal Cortex Set Context

Ineffective Gratitude Practices; Autonomic Variables

Key Features of Effective Gratitude Practices: Receiving Thanks & Story

Theory of Mind Is Key

Building Effective Gratitude Practices: Adopting Narratives, Duration

Narratives That Shift Brain-Body Circuits

You Can't Lie About Liking Something; Reluctance In Giving

How Gratitude Changes Your Brain: Reduces Anxiety, Increases Motivation

5 Minutes (Is More Than Enough), 3X Weekly, Timing Each Day

Empathy & Anterior Cingulate Cortex

Reducing Inflammation & Fear with Gratitude

Serotonin, Kanna/Zembrin

Neuroplasticity, Pharmacology, Brain Machine Interfaces

The Best Gratitude Practices: & How To, My Protocol

Subscribe & Feedback, Supporting Sponsors, Supplements (Thorne)

Math Short Cut Tricks - Percentage Hacks - Math Short Cut Tricks - Percentage Hacks by Guinness  
And Math Guy 782,517 views 10 months ago 25 seconds – play Short - To get your free eBook "How  
To Calculate Percentages In Your Head", please click the link below: ...

WHY I HATE MATH #Shorts - WHY I HATE MATH #Shorts by Stokes Twins Too 12,264,360 views  
2 years ago 24 seconds – play Short - Math is officially my least favorite subject #Shorts.

Are Steroids Really Bad for Your Health? Maybe Not, says Steven Kotler | Big Think - Are Steroids  
Really Bad for Your Health? Maybe Not, says Steven Kotler | Big Think by Big Think 252,479 views 7  
years ago 3 minutes, 48 seconds - STEVEN KOTLER: Steven Kotler is an award-winning journalist,  
a New York Times bestselling author, and executive director of ...

How Depression Affects The Brain - Yale Medicine Explains - How Depression Affects The Brain -  
Yale Medicine Explains by Yale Medicine 1,653,065 views 2 years ago 3 minutes, 34 seconds - For  
many people, depression turns out to be one of the most disabling illnesses that we have in society.  
Despite the treatments ...

The 45th Annual Psychopharmacology Conference - The 45th Annual Psychopharmacology Confer-  
ence by MGH Psychiatry Academy 74 views 2 years ago 3 minutes, 11 seconds - Now Virtual | Oct  
21st – 24th, 2021 This psychiatry conference examines the latest research and treatment advances  
across ...

Using Salt to Optimize Mental & Physical Performance | Huberman Lab Podcast #63 - Using Salt  
to Optimize Mental & Physical Performance | Huberman Lab Podcast #63 by Andrew Huberman  
1,816,471 views 2 years ago 2 hours, 3 minutes - I discuss the role of salt (sodium) in the nervous  
system and the key role that it plays in **mental**, performance, physical performance ...

Role of Salt

The Brain-Body Contract

Neuropod Cells, Artificial Sweeteners & 'Hidden' Cravings

AG1 (Athletic Greens), LMNT, InsideTracker

Salt Regulation

How the Brain Senses Salt

Salt & Thirst

Blood Pressure & Thirst

Kidneys & Urine Regulation

Vasopressin: Roles in Libido & Urination

How Much Salt Do You Need?

Should You Increase Your Salt Intake?

Tools: Determining Your Individual Salt Intake

Iodine, Sea Salt

Salt: Roles in Stress & Anxiety

Other Electrolytes: Magnesium & Potassium  
Tools: Effects of Low-carbohydrate Diets & Caffeine  
General Recommendations for Salt Intake  
Perception of Salt & Sugar Taste, Processed Foods  
Role of Sodium in Neuronal Function, Action Potentials  
Dehydration  
What Salt Intake is Best for You?  
Zero-Cost Support, YouTube Feedback, Spotify, Apple Reviews, Sponsors, Patreon, Thorne, Instagram, Twitter, Neural Network Newsletter  
Bringing the toll of disasters & trauma on mental health to the forefront of psychiatric discussion -  
Bringing the toll of disasters & trauma on mental health to the forefront of psychiatric discussion by Cambridge University Press 10,787 views 3 years ago 2 minutes, 31 seconds - Read the Highlights of the Issue: Schulze et al., "Themed Issue: Disasters and Trauma" The British **Journal**, of Psychiatry (2020) ...  
Introduction  
Natural disasters  
Complex PTSD  
Moral Injury  
5 signs you have ADHD and autism - 5 signs you have ADHD and autism by Yo Samdy Sam 2,133,375 views 1 year ago 8 minutes, 50 seconds - In this video, I talk about what it's like having both autism and ADHD and how this can feel from an inner perspective. ADHD and ...  
The Science & Treatment of Obsessive Compulsive Disorder (OCD) | Huberman Lab Podcast #78 -  
The Science & Treatment of Obsessive Compulsive Disorder (OCD) | Huberman Lab Podcast #78 by Andrew Huberman 609,558 views 1 year ago 2 hours, 33 minutes - In this episode, I explain the biology and psychology of obsessive-compulsive disorder (OCD)—a prevalent and debilitating ...  
Obsessive-Compulsive Disorder (OCD)  
Momentous Supplements, AG1 (Athletic Greens), Thesis, Eight Sleep  
What is OCD and Obsessive-Compulsive Personality Disorder?  
OCD: Major Incidence & Severity  
Categories of OCD  
Anxiety: Linking Obsessions & Compulsions  
OCD & Familial Heredity  
Biological Mechanisms of OCD, Cortico-Striatal-Thalamic Loops  
Cortico-Striatal-Thalamic Loop & OCD  
Clinical OCD Diagnosis, Y-BOCS Index  
OCD & Fear, Cognitive Behavioral Therapy (CBT) & Exposure Therapy  
Unique Characteristics of CBT/Exposure Therapy in OCD Treatment  
CBT/Exposure Therapy & Selective Serotonin Reuptake Inhibitors (SSRIs)  
Considerations with SSRIs & Prescription Drug Treatments  
Serotonin & Cognitive Flexibility, Psilocybin Studies  
Neuroleptics & Neuromodulators  
OCD & Cannabis, THC & CBD  
Ketamine Treatment  
Transcranial Magnetic Stimulation (TMS)  
Cannabis CBD & Focus  
Thoughts Are Not Actions  
Hormones, Cortisol, DHEA, Testosterone & GABA  
Holistic Treatments: Mindfulness Meditation & OCD  
Nutraceuticals & Supplements: Myo-Inositol, Glycine  
OCD vs. Obsessive Compulsive Personality Disorder  
Superstitions, Compulsions & Obsessions  
Zero-Cost Support, YouTube Feedback, Spotify & Apple Reviews, Sponsors, Momentous Supplements, Instagram, Twitter, Neural Network Newsletter  
Thinking Differently About Addiction and Mental Health — Dr. Nora Volkow - Thinking Differently About Addiction and Mental Health — Dr. Nora Volkow by Tim Ferriss 11,476 views 9 months ago 1 hour, 27 minutes - Nora D. Volkow, MD, is Director of the National Institute on Drug Abuse (NIDA) at the National Institutes of Health. NIDA is the ...  
Intro  
Cadaver homework

The Trotsky connection.  
How Nora's father viewed the role of science.  
Julian Villarreal.  
A perspective of perseverance.  
Instilling perseverance in younger scientists.  
Dancing with Demerol.  
The current state of addiction in the US.  
The War on Drugs.  
Increasing societal confidence in therapeutic psychedelics.  
Advice for researchers seeking more federal funding.  
Gauging the value of the hallucinogenic experience.  
Implications for multiple applications of one compound.  
Transcranial magnetic stimulation (TMS) and a promising alternative.  
New hope for Parkinson's disease sufferers?  
Comorbidities, addiction considerations, and other parting thoughts.  
Minimum fasting length required for autophagy | Guido Kroemer - Minimum fasting length required for autophagy | Guido Kroemer by FoundMyFitness Clips 1,637,262 views 4 years ago 3 minutes, 5 seconds - A key regulator of the process of autophagy is a drop in cellular levels of acetyl CoA, an end product of nutrient metabolism.  
Search filters  
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