

Contents at a Glance



Introduction	1
Part I: Getting Started with Neurobiology.....	5
Chapter 1: Welcome to the World of Neurobiology	7
Chapter 2: Building Neurons from Molecules	23
Chapter 3: Gating the Membrane: Ion Channels and Membrane Potentials	47
Chapter 4: Sending Signals: Chemical Release and Electrical Activation.....	67
Part II: Neuroanatomy: Organizing the Nervous System	83
Chapter 5: Movement Basics: Muscles and Motor Neurons	85
Chapter 6: The Spinal Cord and the Autonomic Nervous System.....	101
Chapter 7: The Busy Brain: Brainstem, Limbic System, Hypothalamus, and Reticular Formation	123
Chapter 8: Generating Behavior: Basal Ganglia, Thalamus, Motor Cortex, and Frontal Cortex.....	145
Chapter 9: Topping It Off: The Neocortex	159
Part III: Perceiving the World, Thinking, Learning, and Remembering	183
Chapter 10: Looking at Vision and Hearing	185
Chapter 11: Feeling, Smelling, and Tasting.....	211
Chapter 12: Memory and Learning	233
Chapter 13: The Frontal Lobes and Executive Brain.....	253
Chapter 14: Language, Intelligence, Emotions, and Consciousness.....	265
Part IV: Developmental, Neurological, and Mental Disorders and Treatments	283
Chapter 15: Developing the Brain and Nervous System.....	285
Chapter 16: Movement Disorders.....	309
Chapter 17: Brain Dysfunction and Mental Illness	325
Chapter 18: Making Better Brains.....	341

<i>Part V: The Part of Tens</i>	355
Chapter 19: The Ten Most Important Brain Circuits.....	357
Chapter 20: Ten Technologies Revolutionizing Brain Science	365
<i>Index</i>	373

Table of Contents

Introduction	1
About This Book	2
Foolish Assumptions	2
Icons Used in This Book	3
Beyond the Book	3
Where to Go from Here	4
Part 1: Getting Started with Neurobiology	5
Chapter 1: Welcome to the World of Neurobiology	7
Introducing Neurons	8
Evolving cells on early earth	8
Multicellularity: Sensing and moving	9
Cellular motors	10
Coordinating responses in simple circuits	11
Organizing the Nervous System	12
Movement basics: Muscles and motor systems	13
The spinal cord and autonomic nervous system	13
The brainstem, limbic system, hypothalamus, and reticular formation	14
Basal ganglia, cerebellum, motor and premotor cortex, and thalamus	15
The neocortex	16
Perceiving the World, Thinking, Learning, and Remembering	17
Looking at vision and audition	17
Feeling, smelling, and tasting	18
Learning and memory: Circuits and plasticity	18
The frontal lobes and executive brain	19
Language, emotions, lateralization, and thought	19
Developmental, Neurological, and Mental Disorders and Treatments	20
Developing the brain and nervous system	21
Movement disorders and symptoms	21
Neural dysfunctions and mental illness	22
Repair and enhancement with artificial brains	22

Chapter 2: Building Neurons from Molecules	23
Getting into Genetics.....	23
Introducing inheritance	24
Greeting chromosomes and genes	25
Replicating DNA and the cell life cycle	26
Coding for proteins: RNA and DNA.....	27
Regulating genes	29
Meeting Cell Molecules: Important Ions and Proteins.....	31
Eyeing important ions	32
Sizing up proteins	33
Going through membrane proteins	33
Peeking at the Parts of a Cell.....	33
Cytoplasm and organelles	34
Nucleus.....	34
Secretion and hormones.....	35
Setting Boundaries: Cell Membrane Lipids	36
Focusing on phospholipid chemistry.....	37
Seeing cells' differences	39
Regulating Water and Cell Volume.....	40
Observing osmotic pressure	40
Responding to osmotic challenges.....	40
Moving water with aquaporins	41
Knowing the Neuron: Not Just Another Cell	41
Noticing neuron anatomy	41
Understanding what neurons do	43
When Things Go Wrong: Genetics and Neurological Illness	44
Mutations and transcriptional errors	44
Modifying genes: Fixing or Frankenstein?.....	46
Chapter 3: Gating the Membrane: Ion Channels and Membrane Potentials	47
Looking at Membrane Channels	47
Talking about transporters.....	48
Checking out channels	48
Getting a Charge Out of Neurons.....	50
Pumping Ions for Information	50
Sodium-potassium pump	50
Other important pumps	52
Discovering Diffusion and Voltage	52
The Nernst equation.....	53
The Goldman–Hodgkin–Katz equation.....	54
Signaling with Electricity in Neurons	56
Exploring potential	56
Controlling ion permeability: Gated channels	56

Making Spikes with Sodium and Potassium Channels.....	57
Getting back to resting potential	57
Voltage-dependent channels.....	58
Reaching action potential.....	58
Cable properties of neurons: One reason for action potentials.....	61
Insulating with Glial Cells	65

Chapter 4: Sending Signals: Chemical Release and Electrical Activation..... 67

Looking at Synaptic Transmission	67
Checking out chemical synapses and neurotransmitter release	68
Eyeing electrical synapses at gap junctions.....	72
Being Receptive to Neurotransmitter Receptors	74
Introducing ionotropic receptors.....	75
Meeting metabotropic receptors and second messenger systems.....	76
Making connections with the neuromuscular junction	78
Dividing and Conquering: Interneurons and Circuits	79
Pooling sensory input	80
Coordinating motor output	81
Comparing brains to computers.....	81

Part II: Neuroanatomy: Organizing the Nervous System..... 83

Chapter 5: Movement Basics: Muscles and Motor Neurons 85

Making a Move: Muscle Types and What They Do.....	86
Processing with smooth muscle	86
Striated muscle for hearts and limbs	86
Twitching fast and slow: Muscle composition.....	88
Pulling Your Weight: How Muscle Cells Contract	88
Releasing acetylcholine.....	89
Patterning muscle contractions.....	89
Alpha motor neurons	90
The motor unit	90
Sliding filaments: Actin and myosin	91
Controlling Muscle Contraction	92
Modulating firing rate.....	93
Recruiting motor neurons	94
Knowing Where Your Limb Is Located	94
Muscle spindle and gamma motor neurons	95
Golgi tendon organs	95
Joint receptors for position.....	95

Reflexing without Reflecting	96
Withdrawing a limb	96
Staying put	96
Seeing the spinal flexor reflex	97
Keeping the spinal cord in the loop	97
Monosynaptic and polysynaptic reflexes	97
Overriding a reflex	98
Exercise and Aging	99
Use it or lose it: The effects of exercise	99
Slowing down with age	99
Muscle mass in men and women	100
Chapter 6: The Spinal Cord and the Autonomic Nervous System. . .	101
Segmenting the Spine	102
Cervical nerves	103
Thoracic nerves	105
Lumbar nerves	105
Sacral nerves	105
Spinal membranes	106
Spying on the Spinal Cord	106
Dorsal inputs, ventral outputs	107
Reflecting on what hit you: The basic spinal reflex	109
Spinal pattern generators	110
Feeling and Acting: The Peripheral Nervous System	112
Getting stimulated by neural sensors	112
Moving around: Neural effectors	113
Correcting Errors: The Cerebellum	114
Cerebellar structure	115
Stepping in holes and what to do about it	116
Carrying the load: Feed-forward force calibration	117
Cerebellar circuits	118
Fighting or Fleeing: The Autonomic Nervous System	119
The two main subdivisions of the autonomic nervous system ...	119
The autonomic nervous system input and output	121
Chapter 7: The Busy Brain: Brainstem, Limbic System, Hypothalamus, and Reticular Formation.	123
The Brainstem: Medulla, Pons, Midbrain	124
Meeting the medulla	125
Presenting the pons	127
Mentioning the midbrain	128
Counting the Cranial Nerves	129
Controlling Your Motives: The Limbic System	131
Mesocortex and allocortex versus neocortex	133
Organizing thoughts and activities: The cingulate gyrus	133
Making memories: The hippocampus	134
The amygdala	136

Regulating the Autonomic Nervous System: The Hypothalamus	137
Sleeping and waking: Circadian rhythms.....	137
Hypothalamic body function regulation.....	140
The insula (insular cortex).....	141
Reading Up on the Reticular Formation	142
Starting with the spine	142
Moving through the brainstem	143
Continuing through the thalamus and cortex.....	144

Chapter 8: Generating Behavior: Basal Ganglia, Thalamus, Motor Cortex, and Frontal Cortex. 145

The Basal Ganglia and Its Nuclei	146
Striatum inputs and output to the thalamus.....	147
The basal ganglia neural circuit.....	148
Controlling Muscles: The Primary Motor Cortex	148
The homunculus	149
Population coding.....	149
Coordinating Muscle Groups: Central Control	150
The supplementary motor area and learned sequences.....	150
Externally monitored performance and the premotor cortex.....	151
The frontal eye fields and superior colliculus	151
The Thalamus: Gateway to the Neocortex.....	152
Reaching all the senses	152
Paying attention to the pulvinar	154
Moving through motor pathways	155
Reticular zones of the thalamus	155
Focusing on Goals with the Prefrontal Cortex.....	156
Making plans with the lateral prefrontal cortex	156
Processing emotions with the orbitofrontal cortex	157
Anterior and posterior cingulate cortex.....	157
Knowing, or Not Knowing, Who's In Control	158

Chapter 9: Topping It Off: The Neocortex 159

Looking Inside the Skull: The Neocortex and Its Lobes.....	159
Noticing uniform structure and circuits	162
Communicating with the diencephalon and the rest of the nervous system	163
Getting to the Brain You Have Today: The Neocortex versus Your Reptilian Brain	165
Looking at how cortical areas developed.....	167
Enlarging the frontal lobes for complex behavior	168
Setting and accomplishing goals	168
Making Decisions: The Lateral Prefrontal Cortex.....	170
Keeping it all in mind.....	170
Changing your plans.....	170
Dialing that number: Working memory.....	171
Recalling that number: Long-term memory and executive control	172



- Doing the Right Thing 173
 - Responding with the orbitofrontal cortex and learned emotional reactions 173
 - Getting that bad feeling: The amygdala, emotional learning, and cortical connections 174
 - Going with your gut 175
- Seeing Both Sides: The Left and Right Hemispheres 176
 - Specializing for language 177
 - Taking in the big picture: Spatial processing 178
 - Managing with two brains in one head 178
 - Appreciating the style of each hemisphere 178
- Gender and the Brain 180
 - Sizing up the male and female brain 180
 - Zeroing in on certain areas 180
 - Lateralization 180
 - Thinking in different styles 181
 - Knowing the role of hormones 181

Part III: Perceiving the World, Thinking, Learning, and Remembering..... 183

Chapter 10: Looking at Vision and Hearing 185

- Imaging and Capturing Light: Vision 185
 - Making movies on the retina: Optics and eye movements 186
 - Converting photons to chemical reactions: Photoreception 187
- Joining the Nervous System: Photoreceptor Output 190
 - Converting light to contrast: Bipolar and horizontal cells 191
 - Making nerve pulses in the retina 194
- Sending the Message to the Brain 196
 - Relaying at the thalamus 196
 - Parallel processing in diverse visual centers 198
- Fanning Out in the Occipital Lobe 198
 - Layering and concurrent processing in V1 198
 - Selecting for orientation and movement 199
- Streaming the Message to the Temporal and Parietal Lobes 199
 - Seeing complex shapes and colors in the ventral stream 200
 - Seeing where and how-to in the dorsal stream 200
 - Communicating between dorsal and ventral streams 201
 - Seeing without meaning: Agnosias 201
- Listening In: Capturing Sound Waves 202
 - Good vibrations: Gathering and transmitting sound to the brain 202
 - Toning up: Frequency transduction in the Organ of Corti 204

Channeling Sounds to the Brain	205
Comparing and relaying in the superior olive, inferior colliculus, and thalamus	206
Analyzing sounds in the superior temporal lobe	206
Losing Hearing	208
Conductive versus neural hearing loss.....	208
Eh? Aging, environment, and hearing loss	208
Aiding hearing: Amplifying and replacing.....	209
Ringing and tinnitus.....	209
Balancing via the Vestibular System: “Hearing” the Fluid Sloshing in Your Head	210
Chapter 11: Feeling, Smelling, and Tasting	211
Getting in Touch with the Skin	211
Feeling your way with mechanoreceptors	212
Avoiding pain: Axonal endings for temperature and skin damage	214
Locating your limbs with skin, muscle, and joint receptors	216
Spinal processing and cranial nerves.....	217
Sending the message to the thalamus.....	217
Recognizing What We Touch at Somatosensory Cortex	218
Mapping senses with the homunculus.....	219
Specialized somatosensory areas.....	219
Perceiving pain.....	220
Sniffing Out the World around You.....	221
Nosing around: Olfactory receptors.....	222
Exploring the olfactory bulb.....	222
Reaching the cortex before the thalamus.....	223
Smelling badly versus smelling bad	225
Communicating with pheromones	225
Tasting Basics: Sweet, Sour, Salt, and Bitter Receptors	226
Coding for taste: Labels versus patterns	227
Understanding the umami problem	228
Tasting with the Brain.....	229
Projecting taste to the thalamus.....	229
Discriminating taste in the cortex	230
Combining taste and smell for flavor	230
Losing taste through injuries	231
Feeling full.....	231
Monitoring Internal Body Functions with Internal Chemoreceptors ...	232
Chapter 12: Memory and Learning	233
Evolving with Adaptation and Instinct	233
Moving through evolution	234
Going into development.....	234
Looking at learning.....	234

Implicit (Non-Declarative) Memory	235
Getting used to habituation.....	236
Responding to sensitization	236
Preparing for priming.....	237
Conditioning classically and operantly.....	237
Learning motor sequences: Procedural memory	239
The Long and Short of It: Immediate versus Permanent Memory	240
Sensory/iconic memory	241
Working/short-term memory	242
Explicit (declarative) memory	243
Memory Mechanisms and Brain Loci.....	244
Associating context with results in the hippocampus.....	244
Remembering pain with the amygdala.....	247
Learning by Changing Synaptic Strengths.....	247
Increasing response: NMDA receptor changes	247
Making presynaptic strength changes	248
Animal versus computer memory	248
Forgetting It: Amnesia and Other Memory Loss.....	249
Losing yourself in amnesia	249
Damaging the hippocampus.....	250
Ignoring consequences: Frontal lobe damage.....	250
Examining Alzheimer's disease.....	250
Improving Your Learning.....	251
Studying hard versus studying well: Schedules.....	252
Traveling the path to better memory.....	252
Chapter 13: The Frontal Lobes and Executive Brain	253
Reflexes versus Conscious or Goal-Generated Action.....	254
Turning ideas and goals into action	255
Representing actions at multiple levels.....	256
Deciding How to Do It: The Frontal Lobes and Action Execution	256
Originating abstract plans	256
Converting plans to body control.....	257
Initiating Action in the Basal Ganglia	258
Preparing for action.....	258
Patterning and oscillating.....	259
Coordinating through the Supplementary and Premotor Cortices	259
Feeding back to guide movement	260
Learning motor sequences: Supplementary motor cortex.....	260
Learning motor sequences	261
Mirroring Others: Mirror Neurons	263
Defining mirroring behaviors	264
Imitating others as a function of mirroring	264
Chapter 14: Language, Intelligence, Emotions, and Consciousness	265
Adapting Our Brains for Language	265
Knowing how the brain is organized.....	266
Thinking thanks to the neocortex.....	266

Sensory processing in occipital, parietal, and temporal lobes....	268
Specializing for memory	268
Following Thought through Sensory Pathways and Hierarchies	269
Relaying to the thalamus and cortex.....	269
Projecting back to the thalamus	270
Gating and integrating functions	272
Speaking Your Mind: Language, Vision, and the Brain Hemispheres ...	272
Comparing communication and language	273
Locating language in the brain.....	273
Losing language from neural dysfunction	274
Examining visual processing asymmetries.....	275
Considering where consciousness lives	275
Defining Intelligence.....	276
Math, language, and social intelligence	276
Intelligence components for decisions, abstract thinking, problem solving.....	277
Investigating intelligence factors	278
Emotional Intelligence	278
Feeling the basic emotions	279
Reacting quickly.....	280
Understanding Consciousness	281
Learning language instinctually	282
Developing internal language and consciousness.....	282

Part IV: Developmental, Neurological, and Mental Disorders and Treatments..... 283

Chapter 15: Developing the Brain and Nervous System 285

Dividing and Differentiating after Conception	285
Meiosis, gametes, and zygotes.....	286
Partitioning the body: Endoderm, mesoderm, ectoderm.....	288
Descending from the ectoderm into the nervous system	290
Covering the brain with meninges: Dura, arachnoid, and pia.....	292
Polarizing the Brain: Ganglia versus Brains	293
Basic body plan.....	293
Differentiating the spinal cord from the brain proper	293
Differentiating into the hindbrain, midbrain, and forebrain	294
Layering the Neocortex	294
Migrating along radial glia and other glial roles	295
Differentiating at journey's end	297
What's so magic about six layers?.....	299
Forming neurons: Dendrites and axons.....	300
Cortical maps	300

Developmental Neural Disorders	303
Tracing genetic development using mice.....	304
Known single mutation disorders.....	304
Multi-locus mutation disorders.....	305
Birth defects	305
Aging effects over the lifespan.....	306
Aging and brain dysfunctions	307
Chapter 16: Movement Disorders	309
When the Wheels Come Off: Motor Disorders.....	309
Major early developmental disorders.....	310
Injuries and diseases	310
Lifespan motor disorders	311
Failing Forces: Muscle Diseases.....	312
Muscular dystrophy	312
Inflammatory myopathies.....	313
Neuromuscular Junction Disorders	313
Myasthenia gravis	313
Lambert–Eaton syndrome	314
Toxins	314
Motor Neuron Damage.....	315
Amyotrophic lateral sclerosis	315
Multiple sclerosis.....	316
Viral infections	316
Hijacking pinocytosis	317
Basal Ganglia and Other Diseases	317
Parkinson’s disease	317
Huntington’s disease	319
Neuropathies: Losing peripheral sensation	319
Strokes and Injuries.....	320
Suffering a stroke	320
Injuring the brain	322
Spinal cord injuries.....	322
Substituting machines: Motor prostheses.....	324
Chapter 17: Brain Dysfunction and Mental Illness	325
Understanding Mental Illness as Neural Dysfunction.....	325
Building brains	326
Developing while growing.....	326
Turning thoughts into synapses	327
Exploring the Genetic Causes of Brain Dysfunction	327
Mutations at single locations	328
Down syndrome	329
Autism	329
Knowing How the Nervous System Can Be Damaged in Utero.....	329
Fetal alcohol syndrome.....	330
Maternal stress and infections.....	330

Mixing Genetic and Developmental Components	330
Depression and mania.....	331
Schizophrenia.....	335
Obsessive compulsive disorder.....	337
Post traumatic stress disorder	338
Epilepsy.....	338
Eating and Drinking for Brain Function	339
Naturally occurring psychoactive substances.....	339
Feeding the brain properly.....	339
Looking at commonly abused drugs	340
Chapter 18: Making Better Brains	341
Fixing the Brain with Surgery, Electricity, and Magnetism	341
Lobotomies and other brain surgery	342
Electroconvulsive therapy.....	342
Deep brain stimulation.....	343
Transcranial magnetic stimulation.....	343
Transcranial direct current stimulation	344
Meditation, lighting, and soothing sounds	344
Repairing Brain Damage	345
Genes and growth factors.....	345
Stem cells	346
Brain–Machine Interfaces.....	347
Inputting information to the brain.....	347
Reading the brain’s output code.....	348
Augmenting Brain Function.....	348
Stimulation and function enhancement	349
Genetic modification	350
Simulating Brain Function on Computers	350
Comparing brain and computer power.....	350
Crunching the numbers by computer and human brain	351
Downloading the Brain	352
Reading out what’s in your brain.....	352
Inserting knowledge and memories into the brain.....	353
Is the singularity near? Is super-machine intelligence about to occur?	354
Part V: The Part of Tens	355
Chapter 19: The Ten Most Important Brain Circuits	357
The Reticular Formation in the Brainstem.....	357
The Spinal Reflex	358
The Thalamic Relay to the Cortex.....	359
Cerebellar Modulation of Motion Sequences.....	359
Hippocampal Reciprocal Activation with the Cortex	360

The Amygdala Orbitofrontal Cortex Loop.....	360
The Spinal Pattern Generator	361
The Conscious Triangle: Frontal and Sensory Cortex with the Thalamus	362
The Basal Ganglia Thalamus Loop	363
The Anterior Cingulate and Pulvinar Central Executives.....	363
Chapter 20: Ten Technologies Revolutionizing Brain Science	365
Optogenetics: Controlling Neurons with Light	366
Transcranial Magnetic Stimulation and Transcranial Direct Current Stimulation	366
Genetic Disease Models: Knockouts and Knockins.....	367
Brain Imaging: Optical, Magnetic, and Electrical.....	367
Interfacing Brains with Computers	368
Deep Brain Stimulation	369
Multi-Electrode Array Recording.....	370
Fluorescence and Confocal Microscopy.....	370
Advances in Electrophysiological Recording	371
Tissue Culture and Brain Slices	372
Index.....	373