

Sacramento Book Review



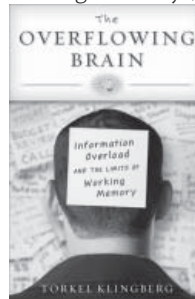
Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

The Overflowing Brain

By Torkel Klingberg

Oxford University Press, \$21.95, 202 pages

Technology not only keeps us connected, informed, and always available, it also often overwhelms us. Too much information can leave us feeling lost, unfocused, and out of control. The reasons for that, as neuroscientist Klingberg explains, is that our brain is still mostly the same stone-age brain we had 20,000 years ago. Even though there are limits to just how much information our brains can juggle at one time (seven items at any point, plus or minus two, in what is called “working memory”), there are tools to improve that capacity. The book has a scholarly tone, but Klingberg provides a good balance between the science and the practical, with fun diversions into Zen, IQ



test score increases, music, and juggling. The only drawback is the lack of guides to increasing mental ability. There are a few mentioned, but not enough for practical purpose. Nor did he really discuss the growth of “brain game” computer programs, all guaranteed to make you smarter or mentally younger. Still an interesting book, especially for those interested in why when too much information is coming at them, they seem to slow down or lose focus.