



# Cycles in mind: How brain rhythms control perception and action

*Mike X Cohen*

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## **Cycles in mind: How brain rhythms control perception and action** Mike X Cohen

The electrical activity of your brain oscillates, fluctuating up and down like waves in the sea. Where do these oscillations come from and what do they mean? This book explores the cutting-edge neuroscientific research showing that these brain rhythms affect how you see, hear, and understand the world around you, and how you move your fingers, eyes, and vocal chords to interact with the world. It is explained by a neuroscientist, and intended for a non-scientific audience.

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