

The Neuron

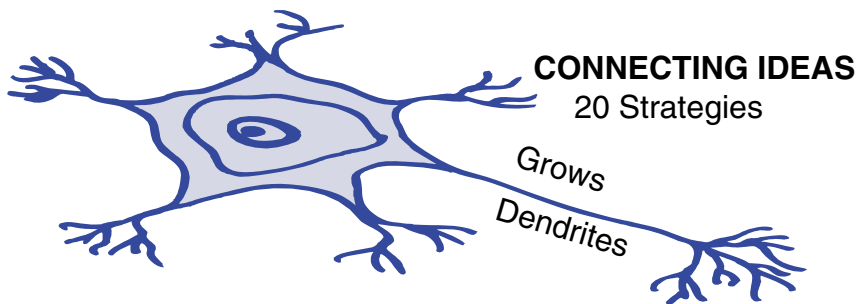
TALKING

- Sends oxygen
- Helps memory

MOVING



Procedural memory → strongest



HAVING A PURPOSE

- Make content relevant
- Stay active

THINKING POSITIVELY

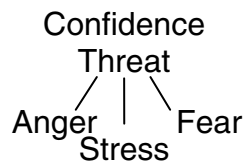


Figure 5.15