

CONTENTS ■

1. Introduction: The Stone Age Brain Meets the Information Flood 3
2. The Information Portal 19
3. The Mental Workbench 33
4. Models of Working Memory 45
5. The Brain and the Magical Number Seven 55
6. Simultaneous Capacity and Mental Bandwidth 69
7. Wallace's Paradox 83
8. Brain Plasticity 93
9. Does ADHD Exist? 103
10. A Cognitive Gym 115
11. The Everyday Exercising of Our Mental Muscles 125
12. Computer Games 137

13. The Flynn Effect 147
14. Neurocognitive Enhancement 157
15. The Information Flood and Flow 163

Notes and References 171

Index 197