

Amygdala

The amygdala, this guy is right dead center, and you'll notice looks like there's a single bean on this picture. That's why I like to always show try to show three dimensionally, that there is one on each side. One on each hemisphere. And again, this is one of those portions of your brain everybody in here has, everybody here needs, and everybody in this room has used, because I suspect everybody in this room has been in a fight or flight situation. You have probably been in one of those situations where you feel that massive adrenaline rush and all sudden you feel like you can do a whole lot more, you can do different things. We're talking about this portion of the brain right here the amygdala. It's responsible for response, fight or flight, and also for memory of emotions and especially for fear.