

Chapter One -The Way Our Mind Works

COPY EDITING EXAMPLE

The Mind and the Brain

Original paragraph

The human mind is a hugely complex piece of equipment, recognised to be the most complex form of data analysis known, packed away into a nervous system that weighs little more than 1.4Kg. It has long been held that the mind exists within the brain although more recently, scientists have questioned whether the mind also extends in to the rest of the nervous system.

Copy edited paragraph

The human mind is a hugely **intricate (changed to avoid repetition as the word complex was used twice in the same sentence)** piece of equipment; **it is** recognised to possess the most complex known form of data analysis, **which is** packed away into a nervous system that weighs little more than 1.4kg. It has long been held that the mind exists within the brain, **however**, more recently, scientists have questioned whether **it** also exists within the rest of the nervous system.

Original paragraph

The brain and nervous system is a mass of cells that are connected through their ability to send electrical transmissions to one another. The brain operates the body through creation of nervous impulses that drive motor function (movement of muscles) or through production and regulation of hormones, chemicals that stimulate changes in the way organs and tissues function. The brain is all important for the continuation of life. If the brain becomes damaged, life may become impaired or even cease altogether. Modern science has produced machinery that will replicate certain brain functions by breathing for us and pumping chemicals into our body in the form of life support systems. Without the aid of medical intervention, if the brain ceases

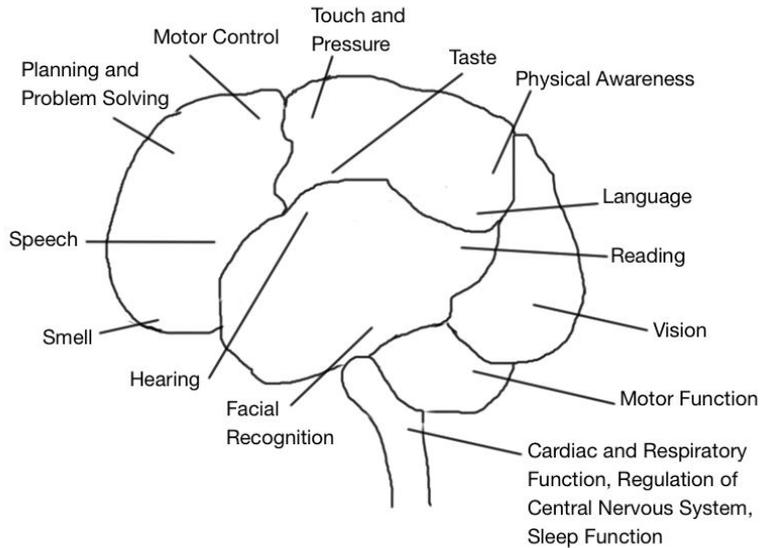
to function, we would die. Therefore it can be seen that the brain and in effect, the mind, is in control of every aspect of our being, whether this occurs consciously or subconsciously.

Copy edited paragraph

The brain and nervous system **consists of** a mass of cells that are connected through their ability to send electrical transmissions to one another. The brain operates the body through **the** creation of nervous impulses that drive motor function (movement of muscles), or through the production and regulation of hormones (chemicals that stimulate changes in the way organs and tissues function). The brain is **important** for the continuation of life. If **it** becomes damaged, life may **be** impaired, or even cease altogether. Modern science has produced **life support systems** that will replicate certain brain functions by breathing for us and pumping chemicals into our body. But without the aid of medical intervention, **once** the brain ceases to function, we die. Therefore, **we can conclude** that the brain and, in effect, the mind is in control of every aspect of our being, whether this occurs consciously or subconsciously.

Original paragraph

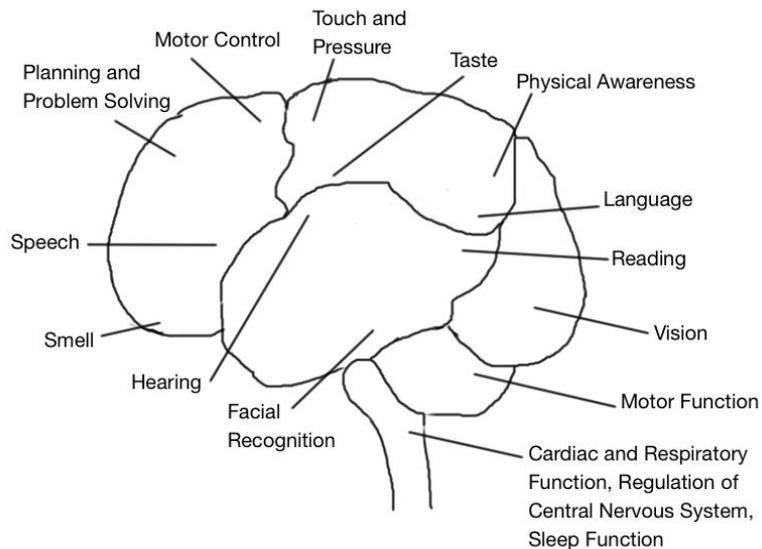
The brain itself can be divided into many parts, each responsible for a particular function. How each part of the brain works has been subject to enormous study, including looking at how brain injury and surgery affects function as well as the effects of stimulating parts of the brain. If we compare the brains of simple life forms with that of our own, it shows how the brain has formed and developed during evolution.



With a few exceptions, the most simple form of nervous system is a single nerve cord that passes through the body with ganglia, or a larger mass of nerve cells, for each segment of the body and a particularly large ganglion at the head end. This sort of brain is found in very basic life forms such as worms. The further up the evolutionary tree that you travel, the more complex the brain becomes. In vertebrates (animals with a back bone), the brain is formed from a giant mass of ganglia and is recognisably divided into three parts, the forebrain, the midbrain and the hindbrain. In mammals, the forebrain has become much larger and more complicated than in fish, amphibians, reptiles and birds and has allowed apes and primates in particular to develop a much more complex lifestyle. In effect, it is the forebrain that holds most of the information relating to our thoughts, memories and emotions.

Copy edited paragraph

The brain itself can be divided into many parts, **and each part is** responsible for a particular function. How each part of the brain works has been the subject **of** an enormous **amount of analysis**, including **studies into** how brain injury and surgery affects function **and** the effects of stimulating **these different parts**. **When** we compare the brains of simple life forms with our own, **it is clear to see** how **ours** has developed during evolution.



With a few exceptions, the most simple form of nervous system is a single nerve cord that passes through the body with ganglia, or a larger mass of nerve cells, for each segment of the body, **and a particularly large ganglion at the head end (RACHEL, I'M NOT SURE WHAT A GANGLIA IS, CAN YOU EXPLAIN. SIMILARLY, I'M NOT SURE WHAT YOU MEAN BY LARGE GANGLION AT THE HEAD. CAN YOU MAKE THIS CLEARER?)**. This sort of brain is found in very basic life forms, such as worms. The further **you travel** up the evolutionary tree, the more complex the brain becomes. In vertebrates (animals with a **backbone**), the brain is formed from a giant mass of ganglia and is recognisably divided into three parts: the forebrain, the midbrain and the hindbrain. In mammals, the forebrain has become much larger and more complicated than in fish, amphibians, reptiles and birds and has allowed apes, primates in particular, to develop a much more complex lifestyle. **It is (taken out in effect, not necessary)** the forebrain that holds most of the information relating to our thoughts, memories and emotions.

Original paragraph

There are many different philosophical and psychological schools of thought on exactly what makes up the human mind and where it exists. Some theories suggest that the mind is solely located within the brain, others believe that the mind extends down into the body via the central nervous system and modern

neurological science has certainly started to explore this theory. Theories are also split as to how the mind is structured and in truth, no-one categorically knows the answer. Personally, I like to think of the mind in terms of the conscious and the subconscious as this works well with my combination of psychotherapeutic and hypnotherapeutic interventions. I have formed useful analogies as to how the conscious and the subconscious operate, both separately and together.

Copy edited paragraph

There are many different philosophical and psychological schools of thought **regarding** exactly what makes up the human mind, and **even** where it exists. Some theories suggest that the mind is solely located within the brain, others **state that it** extends down into the body via the central nervous system (modern neurological science has certainly started to explore this theory). Theories are also split **regarding** how the mind is structured. In truth, no one knows the answer **for sure**. Personally, I like to think of the mind in terms of the conscious and the subconscious, as this works well with **the** combination of psychotherapeutic and hypnotherapeutic interventions **I employ in my work**. I have formed useful analogies as to how the conscious and the subconscious operate, both separately and together.