



# Your Brain Is a Time Machine: The Neuroscience and Physics of Time

*Dean Buonomano*

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**Your Brain Is a Time Machine: The Neuroscience and Physics of Time** Dean Buonomano

**A leading neuroscientist embarks on a groundbreaking exploration of how time works inside the brain.**

In *Your Brain Is a Time Machine*, brain researcher and best-selling author Dean Buonomano draws on evolutionary biology, physics, and philosophy to present his influential theory of how we tell, and perceive, time. The human brain, he argues, is a complex system that not only tells time but *creates* it; it constructs our sense of chronological flow and enables “mental time travel”—simulations of future and past events. These functions are essential not only to our daily lives but to the evolution of the human race: without the ability to anticipate the future, mankind would never have crafted tools or invented agriculture. The brain was designed to navigate our continuously changing world by predicting what will happen and *when*.

Buonomano combines neuroscience expertise with a far-ranging, multidisciplinary approach. With engaging style, he illuminates such concepts as consciousness, spacetime, and relativity while addressing profound questions that have long occupied scientists and philosophers alike: What *is* time? Is our sense of time’s passage an illusion? Does free will exist, or is the future predetermined? In pursuing the answers, Buonomano reveals as much about the fascinating architecture of the human brain as he does about the intricacies of time itself. This virtuosic work of popular science leads to an astonishing realization: your brain is, at its core, a time machine.

22 illustrations

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