

Brain, Like Heart, Goes where it is Appreciated

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Introduction:

Thesis Statement: The brain, like the heart, thrives on appreciation, boosting Creativity and motivation, while neglect weakens growth.

2) The Psychological Need for Appreciation:

- A) How appreciation boosts motivation and performance.
- B) Role of Recognition in reinforcing Positive behavior.
- C) Example from Psychology - (Abraham i) Maslow)

3) Case Studies of famous Scientists Thinkers who Thrived in Appreciative Environment:

- A) Albert Einstein received support from teachers and mentors to develop the theory of relativity.
- B) Marie Curie received support from husband and made discoveries in radioactivity.
- C) Thomas Edison invented the light bulb, received support from mother

4) Role of Mentors and Supportive Communities in intellectual Success:

- A) Good teacher help to boosts a Student's Confidence and Curiosity.
- B) Support from loved ones can make a huge difference.
- C) Colleagues and Peers Support help to create an ~~an~~ atmosphere of mutual growth.

5) Conclusion:

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"The deepest principle in human nature is the craving to be appreciated" -

(William James) - The brain and heart have more in common than often realize. Just as the heart long for love, care and warmth, the brain also seeks an environment where it feels valued and encouraged. When a people's ideas, thoughts, and efforts are appreciated, their mind becomes more active and productive. They feel motivated to learn, explore, and create new things. APPreciation gives people the confidence to express themselves freely leading to growth in knowledge and skills. On the other hand, when someone's intelligence and effort unnoticed or ~~un~~ constantly criticized, they may lose interest in learning and improving. The brain, like the heart, thrives on appreciation, boosting creativity and motivation, while neglect weakens growth.

APPreciation is basic human need. Just as human need food and water for survival, they also need respect and recognition to feel motivated. When someone effort, skills, and ideas are acknowledged

they feel valued and encouraged to do even better. On the other hand, when a person's hard work goes unnoticed, they may feel unimportant or lose interest in what they are doing. Their creativity and motivation start to fade, and might look for other place where they feel respected and valued. This is not only for the individual but also in workplaces, schools, and even entire ~~country~~ countries. If a person or a group of people feel unappreciated they may leave in search of a better environment. This show how important it is to create a culture where people talent and ~~recognit~~ contributions are recognized, as it leads to both personal success and the progress of society.

When people receive appreciation, they feel a sense of achievement. This motivates them to continue working hard and improving themselves. For example, a student who get praised by a teacher for doing good mark in ~~the~~ test will be encouraged for doing great in future. Similarly, an employee who is recognized for their good work

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will feel inspired to be more productive. It acts as a fuel for the mind. It makes people believe in their abilities and gives them energy to push forward. Without appreciation even talented people can lose their drive. That's why appreciation is an important factor for success whether education, work, or personal life.

Appreciation is a wonderful thing. It makes what is excellent in other belong to us as well - (Voltaire)

Recognition helps shape a positive behavior. When someone is praised for doing something good, they are more likely to repeat that behavior. This is because appreciation brings a sense of happiness and satisfaction. For example, if a child helps a friend and gets praised by their parents, they will want to continue being kind and helpful in the future.

Famous psychologist Abraham Maslow explained motivation through hierarchy of needs, a model that describes different levels of human needs. According to Maslow, after fulfilling basic needs like

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food, water and safety. People seek esteem need, which include appreciation, recognition, and respect from others. In simple words, appreciation is not just luxury, it is psychological need that help people grow, succeed and feel happy. When individual, workplaces and societies prioritize recognition and encouragement, they create an environment where people thrive, innovate and perform at their best.

History is full of example of great minds who achieved success because they were encouraged and appreciated. ~~Some~~ For example Einstein's genius was not immediately recognized in school, but later, he received support from teachers and mentors, who saw his potential. Because of this encouragement, he went on to develop the theory of relativity, one of the most important scientific breakthroughs in history. Marie Curie, the first woman to win a Nobel Prize, succeeded because supported by her husband Pierre Curie and a scientific community that recognized her brilliance. With encouragement, she made groundbreaking discoveries in radioactivity, which have benefited medicine and science.

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Similarly, Edison, who invented the light bulb, received support from his mother and later from investors who believed in his ideas. With this encouragement, he was able to develop many innovation that changed the world. These example show that when intelligent and creative people receive appreciation and recognition they go on to achieve greatness.

Behind every great thinker, scientist, or writer, there is often a mentor or a supportive community that believed in them. Mentors play a crucial role in shaping intellectual growth. They guide, encourage and help individuals overcome challenges. Many successful individuals credit their teachers for inspiring them. A good teacher not only shares knowledge but also boosts a student's confidence and curiosity.

Moreover, support from loved ones can make a huge difference. When family member encourage someone dreams, they feel pursue their goals without fear. Furthermore, a positive and supportive work or study environment helps individuals excel. When coworkers or classmates

appreciate each other's ideas, they create an atmosphere of mutual growth.

~~To sum up of these we stress~~

To sum up everything discussed before is that appreciation is essential for both intellectual and emotional growth. Just as the heart needs love and care, the brain thrives when it is valued and encouraged. When people receive recognition for their ideas and efforts, they become more motivated, creative and productive. This applies to individuals, workplaces, and society as a whole. A culture that appreciates intelligence and hard work leads to progress and innovation. On the other hand, when talent is ignored or criticized, people seek better environments. Therefore, recognizing and valuing people's contribution is not just an act of kindness - it is key to success and development.