

Unveiling the Astonishing Power of "The Silence Between Us Blink"

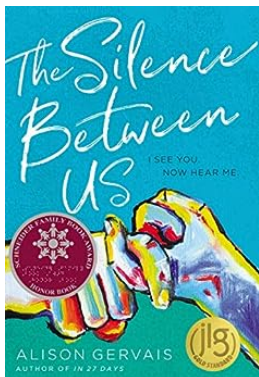
The Act of Blinking and the Secrets it Holds

Did you know that the simple act of blinking, which we do so effortlessly countless times a day, holds a hidden power? It's a power that is often overlooked or taken for granted, yet it possesses a fascinating significance in our daily lives. So, what is the secret behind "The Silence Between Us Blink"? Let's dive deeper and unravel its mysteries.

Understanding Blinking

Blinking is an involuntary action of closing and opening our eyelids rapidly. On average, we blink approximately 15-20 times per minute or around 28,800 times a day. It may seem like an insignificant action, but it serves several vital purposes.

First and foremost, blinking keeps our eyes lubricated by spreading tears evenly across the surface of the eye. This moisturizes the eyes, preventing dryness and irritation. Additionally, blinking helps remove any dust or debris that may have entered our eyes, acting as a protective mechanism to maintain their overall health.



The Silence Between Us (Blink)

by Alison Gervais (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 3000 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled
Print length : 316 pages



However, there is more to blinking than meets the eye. Have you ever noticed that when we blink, we momentarily close ourselves off from the world around us? It is during this brief moment that "The Silence Between Us Blink" occurs.

The Silence Between Us Blink: A Profound Pause

Within the mere fraction of a second that we blink, our visual perception of the world comes to a temporary halt. Our brain receives no visual input during this time, creating a silence in our conscious experience. Yet, it is in this silence that the magic happens.

A study conducted by Japanese researchers found that during each blink, the brain's activity undergoes a distinct change. The brain momentarily shifts from perceiving external information to processing internal thoughts. This allows for a momentary escape from the constant sensory input and a chance for our brain to gather its bearings.

During "The Silence Between Us Blink," our brain engages in a process called the Default Mode Network (DMN). The DMN is responsible for self-reflection, daydreaming, and processing memories. It is during these fleeting moments that our brain weaves together thoughts, connects past experiences, and even generates creative ideas.

The Power of Reflection and Creativity

By understanding the significance of "The Silence Between Us Blink," we can harness this hidden power to enhance our lives. Embracing moments of silence and introspection allows us to reflect upon our thoughts and experiences more consciously, improving our self-awareness and emotional intelligence.

Furthermore, actively creating periods of silence in our daily routine can boost our creativity. Allowing our brain to wander during these moments can lead to "aha" moments, innovative ideas, and problem-solving breakthroughs. Famous creatives such as Albert Einstein and Steve Jobs were known for taking regular walks or moments of quiet contemplation, harnessing the power of silence to fuel their imagination.

The Importance of Mindfulness

In our fast-paced modern world filled with constant distractions, cultivating mindfulness becomes even more crucial. Mindfulness is the practice of being fully present and aware of our thoughts, feelings, and surroundings. It is about embracing "The Silence Between Us Blink" and savoring the moments of stillness.

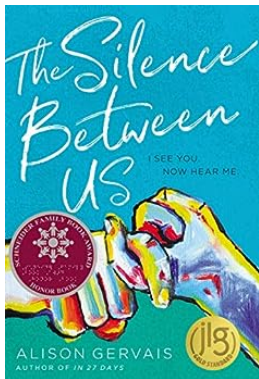
By incorporating mindfulness into our lives, we can enhance our overall well-being. Taking short mindfulness breaks throughout the day, where we focus on our breath and observe our surroundings, helps to recenter our thoughts and reduce stress. This allows for improved concentration, emotional resilience, and a heightened sense of gratitude.

Embrace the Power of "The Silence Between Us Blink"

The next time you find yourself caught up in the hustle and bustle of daily life, remember the hidden power of "The Silence Between Us Blink." Take a moment

to pause, reflect, and let your imagination roam free. Embrace the silence and allow it to pave the way for enhanced self-awareness, creativity, and mindfulness.

So, let us celebrate the seemingly insignificant act of blinking that quietly holds the key to profound introspection and growth.



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Faced with the challenges of transitioning from a Hard of Hearing School to a Hearing high school, Maya has more than a learning curve. But what if she has more to learn about herself and how far she is willing to push for what she believes in? Perfect for contemporary fiction fans, *The Silence Between Us* is a novel that doesn't shy away from the real-life struggles of high school, heart break, and d/Deaf culture.

Schneider Family Book Award, Best Teen Honor Book 2020

Torn from her Hard of Hearing school when her mother's job takes them across the country, Deaf teen Maya must attend a hearing school for the first time since her hearing loss. As if that wasn't hard enough, she also has to adjust to the hearing culture, which she finds frustrating. When her new friends and

classmates start pushing into Maya's thoughts about what it means to be Deaf, it clashes with her idea of self-worth and values. Looking past graduation towards a future medical career, Maya knows nothing, not even an unexpected romance, will derail her pursuits or cause her to question her integrity.

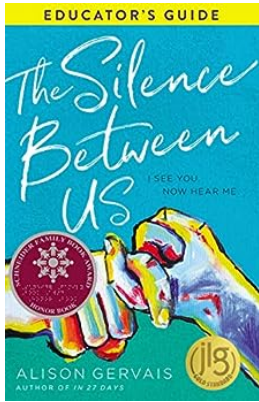
Wattpad sensation Alison Gervais writes a stunning portrayal of the Deaf and Hard of Hearing culture in this clean YA contemporary romance. Drawing from her own deaf experience and relationship with the HoH community, Gervais provides a personal interview and commentary on cochlear implants. *The Silence Between Us* mixes lighthearted romance with deeper social issues facing minority groups.

"*The Silence Between Us* is eminently un-put-down-able." (NPR)

"Gervais deftly renders both the nuanced, everyday realities of life with disability and Maya's fierce pride in her Deafness, delivering a vibrant story that will resonate with Deaf and hearing audiences alike." –Booklist

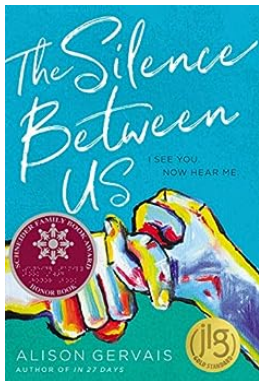
"A solid addition to middle/high school fiction that allows for deep discussion about stereotypes concerning disabilities." School Library Journal

"This is a great YA contemporary (clean) romance that follows Maya as she navigates a new school and plans for her future. The addition of representation by a Deaf character was really beautifully done. Highly recommend for people looking for a sweet, engaging, and educational romantic read." (YA and Kids Book Central)



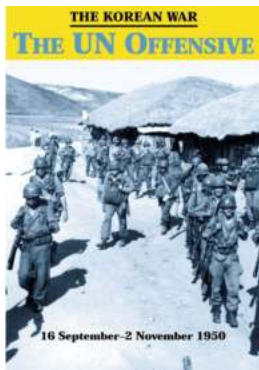
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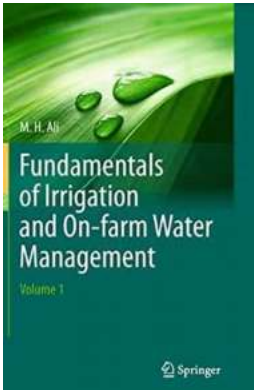
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