

The Mind Explained

Starring: Emma Stone, Julianne Moore



Our minds are constantly at work. But what's really happening beneath the surface? How does our brain connect the dots, create stories, recall long-gone memories, and overthink things?

The Mind, Explained is a five-part documentary spun off from Vox's Explained series. Narrated by Emma Stone, it answers thought-provoking questions about the mind.

New York Times columnist Ezra Klein and Vox's production designer Joe Posner have joined forces to explain the inner workings of the most complex thing on our planet: the human mind. There is much more going on in our minds than we're aware of. This series digs into the why and how of memory and focus, anxiety and depression, and the importance of mindfulness.

[Watch it here](#)