Review of: "[Review Article] How to Form the Human Brain"

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In this thought-provoking article, the author presents and investigates common topics, weaving them together in a novel and innovative manner. This review article stands as a useful guide towards achieving happiness within oneself, informing us about the neural plasticity of the brain, how to develop our brains, and take the lead towards positively molding them. The insightful hierarchy of concepts presented here is skillfully related, forming a unique and coherent system. The article offered guidance on positively impacting our brains, starting with nurturing positive habits at a young age and extending up to how society may affect our brains. The author interestingly linked the biological and neurological systems of the brain, explaining how they work, affecting and shaping human interpersonal development. The article also significantly shed light on the impact of societal platforms—government, mass media, religion, and art—on our brains and habits. The culmination of these insights led to an enlightening framework/process for individual and societal development.

The title and aim of the article are clear. The author critically examined his ideas, constructively emphasizing their significance. The paper is well-structured, and the language used conveyed the message well. It is suggested that the author adds a research questions section title before the research questions, followed by a methodology section that states the type of the review, refers to how the data was collected from the sources, and analysed/filtered (highlighting the databases used to reach the papers in the references). The discussion is interesting. A conclusion section and/or "title" is needed at the end.

Below are more detailed comments/discussion for the author about each section:

--Abstract: Please revise "The only practical option for modifying behavior is to adjust the impact of the environment." Is it the only practical way? Can you provide specific examples or evidence to support that?

--Introduction: "…and lifestyle evolution designed us for,"….designed for us.

-Introduction: "There are genetic variants that influence behavior, but most of them are probably present in all populations above a certain size."…..What is meant by "in all populations above a certain size?"...please clarify.

-"I shall start by looking at possible priorities as to what we might want to achieve. Four options are suggested: happiness, knowledge, social skills, and health. " Citations/References are needed to support this.

-"Scandinavian countries……tend to score high on happiness[8]; yet there seems to be plenty of room for improvement. The prevalence of mental disorders is high [10], people are lonely, and many struggle with sexual issues". Very insightful interpretation.

-"The following three attributes – knowledge, social skills, and general health – are particularly important when trying to

progress." The transition from the happiness section to the knowledge section needs elaboration. Could you elaborate on how the transition from discussing happiness to knowledge could be more smoothly integrated into the article?

--"Feelings evolved to serve the genes – not world peace or happiness. The notion that genes may be best served by aggression while happiness is best served by geniality is therefore a paradox. A possible evolutionary explanation is that geniality evolved recently, over the last 6-7 million years, while aggression dates much further back….inhabitants" Interesting discussion but a few references are needed for this paragraph.

---Health section: "health is a major factor for both happiness and the capacity to contribute to society…..priority" Citations/References are needed in this section

-"Yet, it should be possible to further improve health, for example, by adjusting the present lifestyle to better fit with the nature of being human." Great point, but could you elaborate on how being human affects health?

-"It is desirable to create a culture that is more open and less condemning regarding nudity and sex." I believe these are two different topics. All in all, we need to create a culture that is well educated about dealing with themselves and their body, not necessarily stressing on "nudity" or not, just to avoid bias in writing.

--Habits section: "The nonconscious brain follows the advice based on previous positive experiences, even if your consciousness objects." Incomplete sentence, please check.

-- Government section: "A more controversial option is to promote a constructive use of psychedelics. The psychedelic MDMA (also known as ecstasy) is known to increase emotional connectedness ….. psychedelics is associated with positive mental health and prosocial outcomes". Since the use of psychedelics is "controversial," as you stated, and may have other physical or physiological negative effects if used improperly, you can suggest that governments should promote "social life" for prosocial outcomes; this can be achieved through promoting "liveliness" (to promote human connectedness and interaction) in "open natural spaces" such as parks. It has been proven that staying in nature or parks, seeing the greenery and water features, as well as other natural elements, is associated with "restoration, positively influencing the human mind, evoking positive emotions, and leading to positive mental health" in scientific research.

--Discussion section: Please add an introductory sentence before that one or link to what's above: "Some people worry that AI should take command and make decisions to the detriment of humans"; it seemed that the whole paragraph would introduce AI as a factor.

-Please add "the so-called" or "claimed" before the words "strict dress codes of certain Islamic countries." to avoid bias.

-"If I am kind, you are kind; if I hit you, you hit me", you can relate this to the concept of "karma" in life, or "benevolence" in religion; you do good deeds, you get good in return.

 Thank you!