

Why Games Make Us Better And How They Can Change The World



Reality Is Broken: Why Games Make Us Better and How They Can Change the World by Jane McGonigal

★★★★☆ 4.5 out of 5

Language : English
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
File size : 2329 KB
Screen Reader : Supported
Print length : 310 pages



Games have been a part of human culture for centuries. They've been used for entertainment, education, and even therapy. But what is it about games that makes them so powerful?

This book explores the science behind why games make us better and how they can be used to change the world. It looks at the latest research on the benefits of gaming, including how games can improve our cognitive skills, social skills, and even our physical health.

The book also provides a blueprint for how games can be used to address some of the world's most pressing problems, such as poverty, climate change, and inequality. It shows how games can be used to raise awareness, change behavior, and even create new solutions to these problems.

If you're a gamer, a game designer, or anyone who is interested in the power of games, then this book is for you. It will change the way you think about games and their potential to change the world.

The Science of Why Games Make Us Better

There is a growing body of research that shows that games can have a positive impact on our cognitive skills, social skills, and even our physical health.

For example, one study found that playing video games can improve our spatial reasoning skills. These skills are important for everyday activities such as driving, navigating, and playing sports.

Another study found that playing video games can improve our problem-solving skills. These skills are important for solving problems at work, school, and in our personal lives.

In addition to improving our cognitive skills, games can also improve our social skills. For example, one study found that playing video games can help us to develop better communication skills. These skills are important for building relationships and working effectively with others.

Games can also improve our physical health. For example, one study found that playing video games can help us to reduce stress. Stress is a major risk factor for a number of health problems, such as heart disease and diabetes.

How Games Can Change the World

The science shows that games have the power to make us better people. They can improve our cognitive skills, social skills, and even our physical health. But what is the potential for games to change the world?

Games can be used to address some of the world's most pressing problems, such as poverty, climate change, and inequality. For example, games can be used to raise awareness of these problems, change behavior, and even create new solutions.

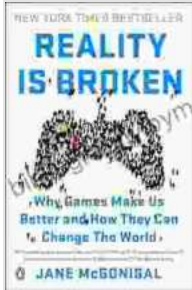
One example of a game that is being used to change the world is the game "SimCity." SimCity is a city-building game that allows players to create and manage their own cities. The game has been used to teach players about urban planning, economics, and environmental issues.

Another example of a game that is being used to change the world is the game "World of Warcraft." World of Warcraft is a massively multiplayer online game that allows players to interact with each other in a virtual world. The game has been used to raise awareness of social issues, such as HIV/AIDS and climate change.

These are just a few examples of how games are being used to change the world. The potential for games to make a positive impact on the world is enormous.

Games have the power to make us better people and change the world. The science shows that games can improve our cognitive skills, social skills, and even our physical health. Games can also be used to address some of the world's most pressing problems, such as poverty, climate change, and inequality.

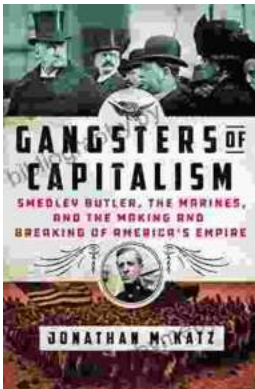
If you're interested in learning more about the power of games, then I encourage you to read this book. It will give you a new perspective on games and their potential to change the world.



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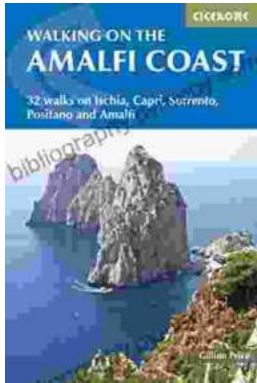
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