



APHANTASIA RESOURCES

Aphantasia is a condition whereby individuals are unable to create mental images in their mind. Some people with Aphantasia also cannot hear sounds or imagine smells, tastes, movement or touch using their imagination.

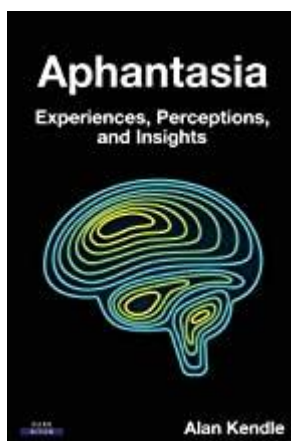
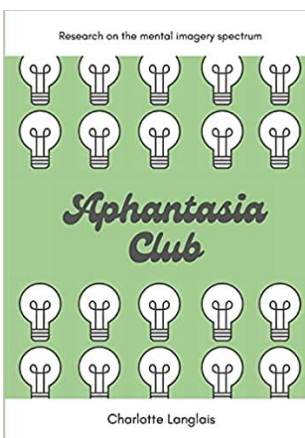
Information, Support and Advice:

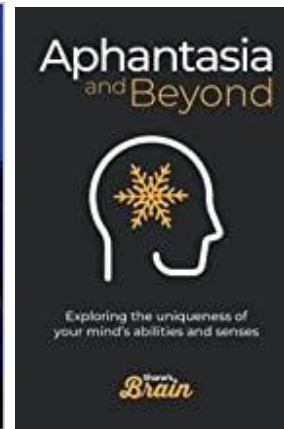
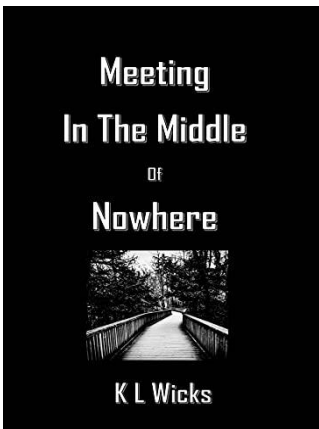
- Aphantasia: Experiences, Perceptions and Insights - <https://aphantasia.co.uk/>
- Aphantasia Network - <https://aphantasia.com/>
- Aphantasia Network Twitter - https://twitter.com/_aphantasia?lang=en
- Aphantasia Facebook Support Group - <https://en-gb.facebook.com/groups/1848102485416311/>
- Future Minds Lab - <https://www.futuremindslab.com/extremeimagery>
- The Mighty - <https://themighty.com/topic/aphantasia/>

Learning More/Research:

- Exeter University, The Eye's Mind - <https://blogs.exeter.ac.uk/eyesmind/>
- Aphantasia Network - <https://aphantasia.com/research/>

Books:





Written Personal Accounts:

- https://medicine.exeter.ac.uk/media/universityofexeter/medicalschoollresearch/neuroscience/docs/theeyesmind/Blake_Ross_April_2016_facebook_post_Aphantasia.pdf
- <https://www.thattinkingfeeling.co.uk/blog/aphantasia-lack-of-mental-imagery>
- https://medicine.exeter.ac.uk/media/universityofexeter/medicalschoollresearch/neuroscience/docs/theeyesmind/Dustin_Grinnell_New_Scientist_April_2016_Blind_in_the_Mind_Final_PDF.pdf

YouTube Videos:

- "A Life Without Mental Images" Documentary - <https://www.youtube.com/watch?v=Rp6TfNXbJ4M>
- "Seeing the World Without a Mind's Eye" Ted Talk - <https://www.youtube.com/watch?v=arc1fdoMi2Y>
- Alan Kendle - <https://www.youtube.com/channel/UCx1f2pEAupzH4y3bqGQFkQ>
- "Out of Mind" Documentary Film - <https://www.youtube.com/watch?v=Xa84hA30sHU>
- Aphantasia Documentary Film - <https://www.youtube.com/watch?v=w1cd1bJFqZw>

Audiobooks/Podcasts:

- Exeter University - The Mind's Eye Podcast - <https://medicine.exeter.ac.uk/media/universityofexeter/medicalschoollresearch/neuroscience/BetweenTheEars-20161008-TheMindsEye.mp3>
- Alan Kendle - <https://audioboom.com/channels/4962272>
- Episode 011: Aphantasia - <https://braaaainspodcast.com/episodes/aphantasia>



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- Other People's Lives - <https://podcasts.apple.com/au/podcast/the-mindblowing-world-of-aphantasia/id1209912119?i=1000451317216>

People with Aphantasia:



Zelda Williams
(Actress)



Edwin Catmull
(Founder of Pixar)



Michelle Sangara
(Author)



Mark Lawrence
(Author)