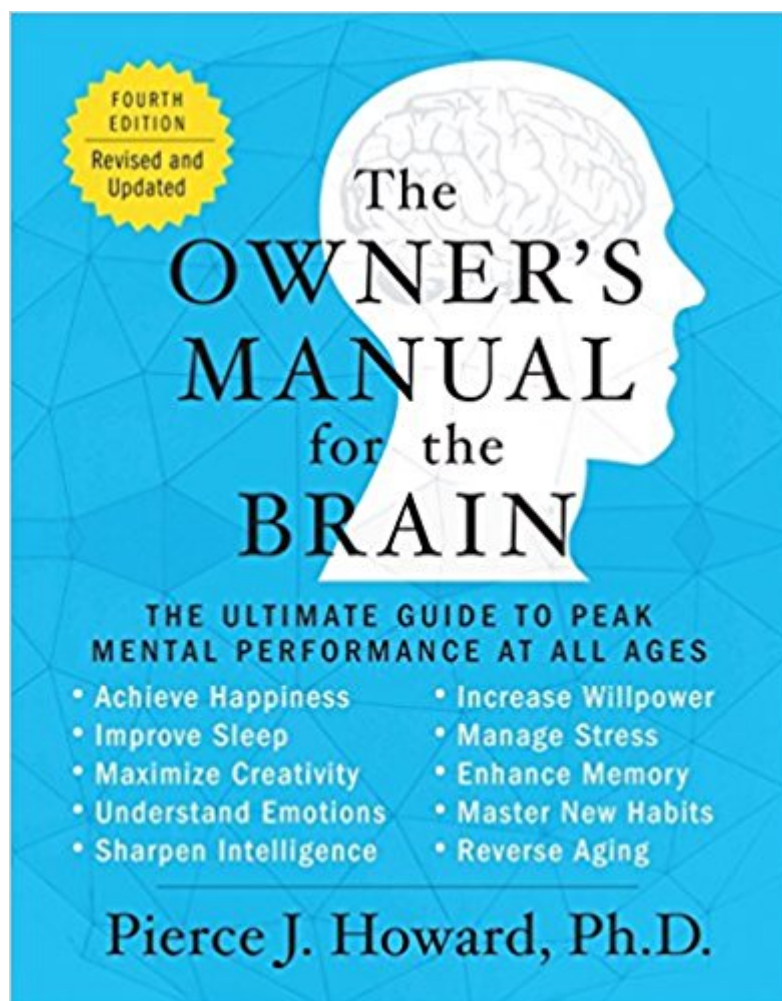




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# The Owner's Manual For The Brain (4th Edition): The Ultimate Guide To Peak Mental Performance At All Ages



## Synopsis

Cutting-edge, user-friendly, and comprehensive: the revolutionary guide to the brain, now fully revised and updated. At birth each of us is given the most powerful and complex tool of all time: the human brain. And yet, as we well know, it doesn't come with an owner's manual until now. In this unsurpassed resource Dr. Pierce J. Howard and his team distill the very latest research and clearly explain the practical, real-world applications to our daily lives. Drawing from the frontiers of psychology, neurobiology, and cognitive science, yet organized and written for maximum usability, *The Owner's Manual for the Brain* (4th Edition) is your comprehensive guide to optimum mental performance and wellbeing. It should be on every thinking person's bookshelf.

## Book Information

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• A wonderful combination of coffee-table book, engaging and informative reading experience, and handy reference. ... it resembles Carl Sagan's popular works. • (Booklist) • Targeting an audience of lifelong learners... [it] offers a variety of ideas and perspectives and some excellent reading lists for the general reader. • (Library Journal) • An intriguing book! I'm impressed with the author's knowledge of current research and his ability to effectively translate it for the general reader. • (Gordon Claridge, Ph.D., Emeritus Professor, Psychology Department, University of Oxford) • Bridges the gap between the findings of neuropsychological research and their application by the general public. Humane clarity and practicality are the hallmarks of Dr.

Howard's work. A book to be read -- and applied. • (Peter J. Fagan, Ph.D., Associate Professor, Director, Office of USFHP, Behavioral Healthcare, Department of Psychiatry and Behavioral Sciences, The Johns Hopkins Medical Institute) • This useful look at all the facets of the brain and its inner workings will be an excellent resource for those curious about how this organ works and for those looking for a more readable interpretation of the scientific studies done on it. • (Library Journal)

Cutting-edge, user-friendly, and comprehensive: the revolutionary guide to the brain, now fully revised and updated At birth each of us is given the most powerful and complex tool of all time: the human brain. And yet, as we well know, it doesn't come with an owner's manual "until now. In this unsurpassed resource, Dr. Pierce J. Howard and his team distill the very latest research and clearly explain the practical, real-world applications to our daily lives. Drawing from the frontiers of psychology, neurobiology, and cognitive science, yet organized and written for maximum usability, The Owner's Manual for the Brain, Fourth Edition, is your comprehensive guide to optimum mental performance and well-being. It should be on every thinking person's bookshelf. What are the ingredients of happiness? Which are the best remedies for headaches and migraines? How can we master creativity, focus, decision making, and willpower? What are the best brain foods? How is it possible to boost memory and intelligence? What is the secret to getting a good night's sleep? How can you positively manage depression, anxiety, addiction, and other disorders? What is the impact of nutrition, stress, and exercise on the brain? Is personality hard-wired or fluid? What are the best strategies when recovering from trauma and loss? How do moods and emotions interact? What is the ideal learning environment for children? How do love, humor, music, friendship, and nature contribute to well-being? Are there ways of reducing negative traits such as aggression, short-temperedness, or irritability? What is the recommended treatment for concussions? Can you delay or prevent Alzheimer's and dementia? What are the most important ingredients to a successful marriage and family? What do the world's most effective managers know about leadership, motivation, and persuasion? Plus 1,000s more topics!

I learned about this book from a colleague in the Psychiatry clinic I recently retired from working in. It was fun at work and it is fun at home now to browse through - just opening to any page and finding out more about what is probably the most complex and least understood organ in the human body. Great information in digestible bites for professional or interested lay-person alike!

This book is great. It will take me a while to read it and digest what it says. Then it will be a reference book I reach for often.

I love the how the this reads

This book summarizes so many other self-help books, thus this is a super reference manual to dip into often

Good value. Prompt delivery.

Good Book to read for any person whether you have a science background or not. I just focus on the highlighted points in the book as i have a science background and little but of neuroscience.

Very informative and well written

Love this book. I had it in my collection already, and decided to buy a copy for a friend

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