



## Brain Changer: How Harnessing Your Brain's Power to Adapt Can Change Your Life

By David DiSalvo

BENBELLA BOOKS, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The author of the bestselling *What Makes Your Brain Happy* and *Why You Should Do the Opposite* delivers 30 science-based actions to enrich your life. Science writer and bestselling author David DiSalvo returns with *Brain Changer: How Harnessing Your Brain's Power to Adapt Can Change Your Life*. Drawing on the latest research in cognitive psychology, neuroscience, behavioral economics, and communications, DiSalvo replaces self-help with science-help, giving readers practical steps to change their thinking and their lives. Known for his accessibility and applicable findings, DiSalvo explains that the human mind operates via a series of feedback loops generated in the brain. By identifying how these systems work, DiSalvo shows we can actually redirect our thinking through metacognition, a tool for thinking about thinking, to influence the brain's response. Using relatable examples and tackling major aspects of our lives including relationships, careers, physical health, and personal development, DiSalvo demonstrates how the brain's enormous capacity to adapt is the most crucial factor influencing how we feel and act—a powerful tool we can control to change our lives.



**READ ONLINE**  
[ 7.55 MB ]

### Reviews

*This book may be worth purchasing. It typically fails to expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Ken Watsica**

*A whole new eBook with a brand new point of view. It is really simplistic but surprises in the fifty percent of the publication. I am just effortlessly can get a delight of looking at a written ebook.*

-- **Mariano Gleichner**