



## Your Brain: The Missing Manual

By Matthew MacDonald

Pogue Press. Paperback. Book Condition: New. Paperback. 280 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. Puzzles and brain twisters to keep your mind sharp and your memory intact are all the rage today. More and more people -- Baby Boomers and information workers in particular -- are becoming concerned about their gray matters ability to function, and with good reason. As this sensible and entertaining guide points out, your brain is easily your most important possession. It deserves proper upkeep. Your Brain: The Missing Manual is a practical look at how to get the most out of your brain -- not just how the brain works, but how you can use it more effectively. What makes this book different than the average self-help guide is that its grounded in current neuroscience. You get a quick tour of several aspects of the brain, complete with useful advice about: Brain Food: The right fuel for the brain and how the brain commands hunger (including an explanation of the different chemicals that control appetite and cravings) Sleep: The sleep cycle and circadian rhythm, and how to get a good nights sleep (or do the best you can without it) Memory: Techniques for improving your recall Reason: Learning...

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