

Your Brain; Your Power: A Scientific Guide to Mental Empowerment Throughout Life (Paperback)



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Reviews

Very good e-book and valuable one. It can be written in basic words and phrases and not confusing. You will not really feel monotony at whenever you want of your own time (that's what catalogues are for concerning should you check with me).

(Mr. Antwon Frami)

YOUR BRAIN; YOUR POWER: A SCIENTIFIC GUIDE TO MENTAL EMPOWERMENT THROUGHOUT LIFE (PAPERBACK)

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AUTHORHOUSE, United States, 2012. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****.Your brain is 100 billion cells and 3,200,000 km of wires, with 1,000,000,000,000 synaptic connections, all packed into 1.5 liters and weighing 1.5 kg. Your brain determines virtually everything you do; voluntary and involuntary activities, ranging from walking, breathing, sweating to emotion, learning, and personality expression. This organ influence how your body responds to disease-causing organisms and even, could dictate how well individuals respond to treatments. It receives and processes information from the environment and shapes your thoughts, dreams, aspirations, and imaginations. Indeed, it determines your behaviors, worth and values. It also differentiates you from other species or another person. This fundamental aspect of human nature is laid bare when our brains fail. Why you need this book? In a new and innovative manner the author presents scientific facts that can be practised in our daily lives using relevant examples. This book can become a resource material for your brain fitness and even your total wellness. It is written in a way that is reader friendly and can be adapted as a personal wellness tool kit. The materials would be of an immense use since most of us would prefer to live a meaningful life every moment of our lives. This book- Aims at improving learning and memory Provides holistic strategies to keep your brain ever powerful Describes the role your brain in stress management Guides you to use your brain to achieve great feats even at old age Presents the scientific basis of addiction, dependence and other brain-disabled conditions By reading this book to the end you must have completed a tour of empowerment through the instrumentality of your brain.



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