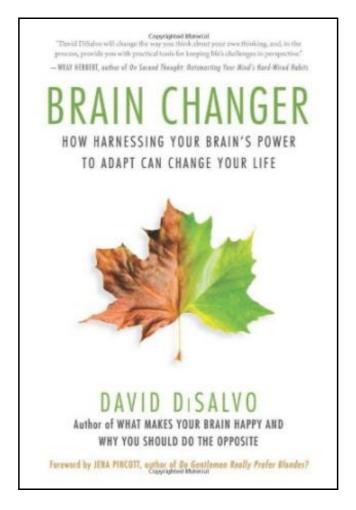
Brain Changer: How Harnessing Your Brain s Power to Adapt Can Change Your Life



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Reviews

It in a of the best publication. It really is rally intriguing through reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).

(Dr. Pat Hegmann)

BRAIN CHANGER: HOW HARNESSING YOUR BRAIN S POWER TO ADAPT CAN CHANGE YOUR LIFE



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.

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Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he...

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