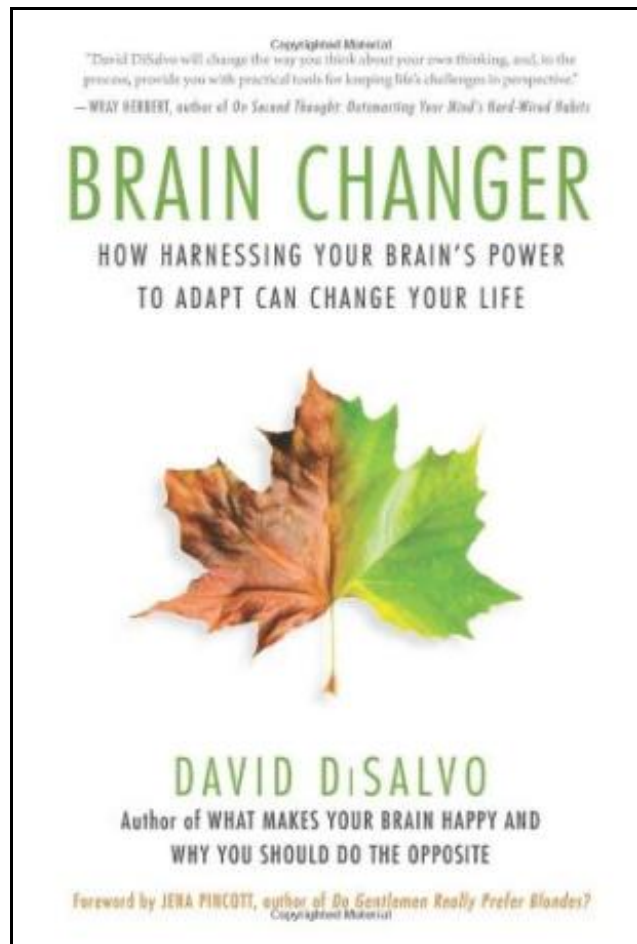


Brain Changer: How Harnessing Your Brain s Power to Adapt Can Change Your Life



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Reviews

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

(Rene Olson)

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



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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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