



The Owner's Manual for the Brain (4th Edition): The Ultimate Guide to Peak Mental Performance at All Ages

Pierce Howard

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Cutting-edge, user-friendly, and comprehensive: the revolutionary guide to the brain, now fully revised and updated.

At birth each of us is given the most powerful and complex tool of all time: the human brain. And yet, as we well know, it doesn't come with an owner's manual—until now. In this unsurpassed resource Dr. Pierce J. Howard and his team distill the very latest research and clearly explain the practical, real-world applications to our daily lives. Drawing from the frontiers of psychology, neurobiology, and cognitive science, yet organized and written for maximum usability, *The Owner's Manual for the Brain* (4th Edition) is your comprehensive guide to optimum mental performance and wellbeing. It should be on every thinking person's bookshelf.

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Clarissa Holland:

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