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How to get the most from your mind



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Windows 10: The Missing Manual David Pogue, 2018-06-13 Windows 10 hit the scene in 2015 with an all-new web browser, Edge, the Cortana voice assistant, and universal apps that run equally well on tablets, phones, and computers. Now the Creators Update brings refinement and polish to Windows 10, and this jargon-free guide helps you get the most out of this supercharged operating system. Windows 10: The Missing Manual covers the entire system, including all the new features like the three-column Start menu, the extensions in the Microsoft Edge browser, Paint 3D, and live game broadcasting. You'll learn how to explore the desktop, including File Explorer, Taskbar, Action Center, and Cortana. Work with programs and documents, Windows starter apps, the Control Panel, and 3D apps. Connect with Edge and email. Beef up security and privacy. Set up hardware and peripherals, including tablets, laptops, hybrids, printers, and gadgets. Maintain computer health with backups, troubleshooting tools, and disk management. Learn about network accounts, file sharing, and setting up your own small network. Written by David Pogue, tech critic for Yahoo Finance and former columnist for The New York Times, this updated edition illuminates its subject with technical insight, plenty of wit, and hardnosed objectivity.

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100 days worth of puzzles designed to give your brain a thorough workout Just 5 puzzles a day will lead to a smarter you Combining favorites such as sudoku and kakuro with many entirely new puzzle types puzzle creator Dr Gareth Moore exercises every part of your mind from processing speed mental arithmetic and problem solving to memory and creativity Every ten days a test page allows you to chart your progress while throughout the book Dr Tom Stafford's incisive and thought provoking text explores the wonders of our brain and how we can get better at using it to its full potential Offering much more than other brain testing books *The Rough Guide Book of Brain Training* answers mind boggling questions such as Does classical music make you more intelligent and Can we slow down or stop the aging of our brain This guide is guaranteed to give your brain a thorough work out *Excel 2010: The Missing Manual* Matthew MacDonald,2010-06-18 Excel the world's most popular spreadsheet program has the muscle to analyze heaps of data Beyond basic number crunching Excel 2010 has many impressive features that are hard to find much less master especially from online help pages This Missing Manual clearly explains how everything works with a unique and witty style to help you learn quickly Navigate with ease Master Excel's tabbed toolbar and its new backstage view Perform a variety of calculations Write formulas for rounding numbers calculating mortgage payments and more Organize your data Search sort and filter huge amounts of information Illustrate trends Bring your data to life with charts and graphics including miniature charts called Sparklines Examine your data Summarize information and find hidden patterns with pivot tables and slicers Share your spreadsheets Use the Excel Web App to collaborate with colleagues online Rescue lost data Restore old versions of data and find spreadsheets you forgot to save **Excel 2007** Matthew MacDonald,2006 Microsoft Excel continues to grow in power sophistication and capability but one thing that has changed very little since the early 90s is its user interface The once simple toolbar has been packed with so many features over the years that few users know where to find them all Microsoft has addressed this problem in Excel 2007 by radically redesigning the user interface with a tabbed toolbar that makes every feature easy to locate and use Unfortunately Microsoft's documentation is as scant as ever so even if users can find advanced features they probably won't know what to do with them Excel 2007 The Missing Manual covers the entire gamut of how to build spreadsheets add and format information print reports create charts and graphics and use basic formulas and functions Like its siblings in the Missing Manual series this book crackles with a fine sense of humor and refreshing objectivity about its subject guiding readers through the new Excel with clear explanations step by step instructions lots of illustrations and friendly time saving advice It's a perfect primer for small businesses with no techie to turn to as well as those who want to organize household and office information **Collaborative Efforts for Understanding the Human Brain** Sook-Lei Liew,Lianne Schmaal,Neda Jahanshad,2019-10-10 The human brain is incredibly complex and the more we learn about it the more we realize how much we need a truly interdisciplinary team to make sense of its intricacies This eBook presents the latest efforts in collaborative team science from around the world all aimed at understanding the human brain *The*

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