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Your Brain THE MISSING MANUAL

How to get the most from your mind



O REILLY

Matthew MacDonald

Brain Missing Manual

Sook-Lei Liew,Lianne Schmaal,Neda Jahanshad

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Your Brain: The Missing Manual Matthew MacDonald, 2008-05-29 Puzzles and brain twisters to keep your mind sharp and your memory intact are all the rage today More and more people Baby Boomers and information workers in particular are becoming concerned about their gray matter's ability to function and with good reason As this sensible and entertaining guide points out your brain is easily your most important possession It deserves proper upkeep Your Brain The Missing Manual is a practical look at how to get the most out of your brain not just how the brain works but how you can use it more effectively What makes this book different than the average self help guide is that it's grounded in current neuroscience You get a quick tour of several aspects of the brain complete with useful advice about Brain Food The right fuel for the brain and how the brain commands hunger including an explanation of the different chemicals that control appetite and cravings Sleep The sleep cycle and circadian rhythm and how to get a good night's sleep or do the best you can without it Memory Techniques for improving your recall Reason Learning to defeat common sense logical fallacies including tactics for winning arguments and good reasons for bad prejudices Creativity and Problem Solving Brainstorming tips and thinking not outside the box but about the box in other words find the assumptions that limit your ideas so you can break through them Understanding Other People's Brains The battle of the sexes and babies developing brains Learn about the built in circuitry that makes office politics seem like a life or death struggle causes you to toss important facts out of your memory if they re not emotionally charged and encourages you to eat huge amounts of high calorie snacks With Your Brain The Missing Manual you ll discover that sometimes you can learn to compensate for your brain or work around its limitations or at least to accept its eccentricities Exploring your brain is the greatest adventure and biggest mystery you ll ever face This guide has exactly the advice you need Windows 10: The Missing Manual David Poque, 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 The Rough **Guide Book of Brain Training** Gareth Moore, Tom Stafford, 2010-01-01 The Rough Guide Book of Brain Training contains

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