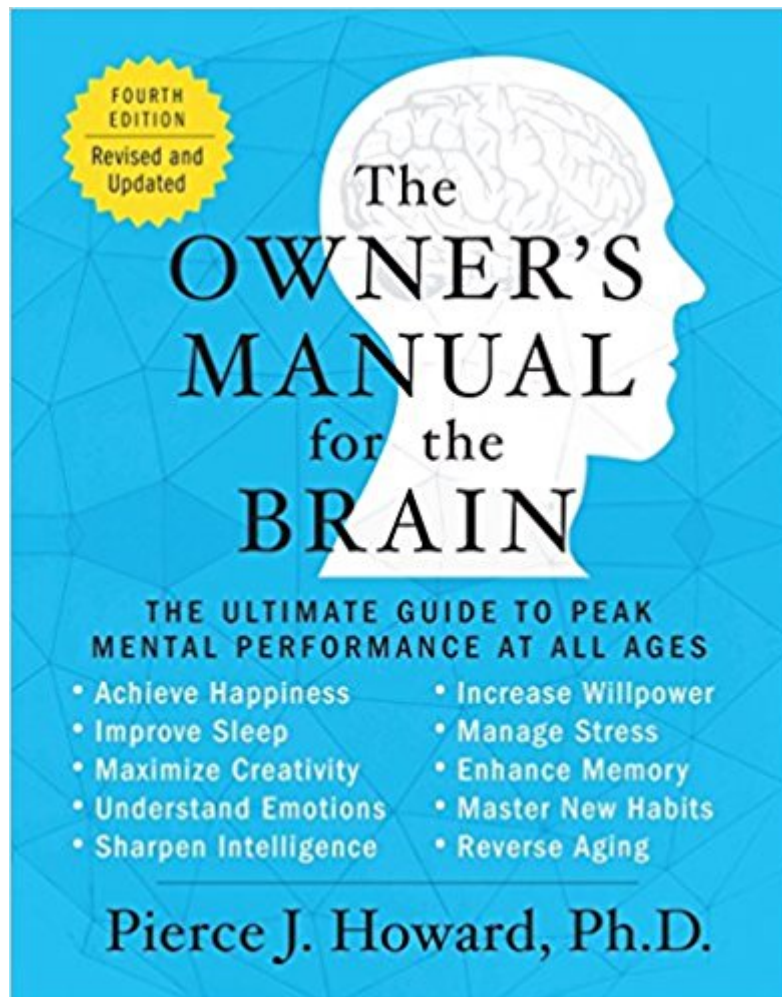


The book was found

# The Owner's Manual For The Brain (4th Edition): The Ultimate Guide To Peak Mental Performance At All Ages



## Synopsis

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.

## Book Information

Series: Owner's Manual for the Brain

Paperback: 1056 pages

Publisher: William Morrow Paperbacks; 4 Rev Upd edition (April 15, 2014)

Language: English

ISBN-10: 0062227351

ISBN-13: 978-0062227355

Product Dimensions: 7 x 1.6 x 9 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (15 customer reviews)

Best Sellers Rank: #174,206 in Books (See Top 100 in Books) #90 in Books > Health, Fitness & Dieting > Psychology & Counseling > Reference #95 in Books > Medical Books > Psychology > Reference #261 in Books > Medical Books > Medicine > Internal Medicine > Neurology > Neuroscience

## Customer Reviews

I learned about this book from a colleague in the Psychiatry clinic I recently retired from working in. It was fun at work and it is fun at home now to browse through - just opening to any page and finding out more about what is probably the most complex and least understood organ in the human body. Great information in digestible bites for professional or interested lay-person alike!

This book is great for the casual reader who perks up when they hear about new research on stress, or sleep or happiness. But it is also a practical compendium of modern cognitive research for the new psychology student or the experienced practitioner. Edited by Pierce J. Howard, Ph.D., this

is the 4th edition, and the 4th one I have purchased, because of its breadth and the concise way Dr. Howard summarizes the research and why it matters. Pick out topics of interest or read it front to back, you will walk away with information to enhance your understanding and your life.

Had the previous edition but misplaced it. A must have for everyone, there is so much information that applies to everyday life. Basically one of those books that you can go back to forever and always learn something new. Thank you Pierce Howard.

A must read for every parent, every teacher, everyone. Fabulous sections on memory, on learning, on how to teach adults - be the adults your students or your employees.

Good Book to read for any person whether you have a science background or not. I just focus on the highlighted points in the book as i have a science background and little but of neuroscience.

It's a bit overwhelming and some topics are not well explained so that anyone would fully grasp it. It could have more practical examples and less technical explanation. I'm not a doctor, so it seemed a bit tech sometimes.

Especially good section on benefits of humor to the brain. Great resource and interesting to read because it's about YOU.

Interesting detailed information about the brain with suggestions about how to use that information in your daily life. Classroom teachers will find this information very usef in developing lesson plans and activities.

[Download to continue reading...](#)

The Owner's Manual for the Brain (4th Edition): The Ultimate Guide to Peak Mental Performance at All Ages Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) The Inner Game of Tennis: The ultimate guide to the mental side of peak performance Mental Toughness: A Guide to Developing Peak Performance and an Unbeatable Mind in Everyday Life The Mental Game of Baseball: A Guide to Peak Performance Mental Health: Personalities: Personality Disorders, Mental

Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Owner's Pictorial Guide for the Care and Understanding of the Watling Bell Slot Machine (Owner's Pictorial Guide) Owner's Pictorial Guide for the Care and Understanding of the Pace Bell Slot Machine (Owner's Pictorial Guide) Keeping Conures as Pets: A Pet Owner's Guide to Choosing, Housing, and Caring for a Pet Conure (Pet Owner's Guides Book 2) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Kindle Fire: Owner's Manual: Ultimate Guide to the Kindle Fire, Beginner's User Guide (User Guide, How to, Hints, Tips and Tricks) The Athlete's Guide to Recovery: Rest, Relax, and Restore for Peak Performance The Paleo Diet for Athletes: The Ancient Nutritional Formula for Peak Athletic Performance The Complete Book of Pilates for Men: The Lifetime Plan for Strength, Power & Peak Performance I'm Here To Win: A World Champion's Advice for Peak Performance

[Dmca](#)