

**THE EXECUTIVE BRAIN: FRONTAL LOBES AND THE CIVILIZED MIND**

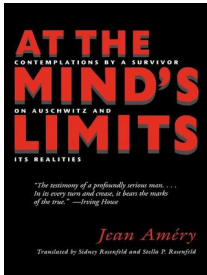


Downloadable ebook for the executive brain: frontal lobes and the civilized mind by elkhonon goldberg the executive brain is the first book to explore in popular scientific terms one of the most important and rapidly evolving topics in contemporary neuropsychology, the most "human" and recently evolved region of the brain--the frontal lobes. crucial for all high-order functioning, it is only in humans that the frontal lobes are so highly developed. they hold the key to our the executive brain is the first book to explore in popular scientific terms one of the most important and rapidly evolving topics in contemporary neuropsychology, the most "human" and recently evolved region of the brain--the frontal lobes. crucial for all high-order functioning, it is only in humans that the frontal lobes are so highly developed. they hold the key to our judgment, our social and ethical behavior, our imagination, indeed, to our "soul." the

author shows how the frontal lobes enable us to engage in complex mental processes, how vulnerable they are to injury, and how devastating the effects of damage often are, leading to chaotic, disorganized, asocial, and even criminal behavior. made up of fascinating case histories and anecdotes, goldberg's book offers a panorama of state-of-the-art ideas and advances in cognitive neuroscience. it is also an intellectual memoir, filled with vignettes about the author's early training with the great russian neuropsychologist a.r. luria, goldberg's escape from the soviet union, and his later interactions with patients and professionals around the world. ...more

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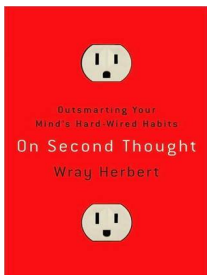
Cover	Title & Description	Status
	<p><b>ASTARA'S BOOK OF LIFE (FIRST DEGREE, LESSON ONE: "THE LONG JOURNEY OF BECOMING"; FIRST DEGREE, LESSON TWO: "HEALING AND THE MAGIC OF THE MIND"; FIRST DEGREE, LESSON THREE: "PRAYER, PRANA AND THE FOUNTAINHEAD OF LIGHT")</b></p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>THE MIND'S OWN PHYSICIAN: A SCIENTIFIC DIALOGUE WITH THE DALAI LAMA ON THE HEALING POWER OF MEDITATION</b></p> <p>by inviting the dalai lama and leading researchers in medicine, psychology, and neuroscience to join in conversation, the mind &amp; life institute set the stage for a fascinating exploration of the healing potential of the human mind. the mind's own physician presents in its entirety the thirteenth mind and life dialogue, a discussion addressing a range of vital questio by inviting the dalai lama and leading researchers in medicine, psychology, and neuroscience to join in conversation, the mind &amp; life institute set the stage for a fascinating exploration of the healing potential of the human mind. the mind's own physician presents in its entirety the thirteenth mind and life dialogue, a discussion addressing a range of vital questions concerning the science and clinical applications of meditation: how do meditative practices influence pain and human suffering? what role does the brain play in emotional well-being and health? to what extent can our minds actually influence physical disease? are there important synergies here for transforming health care, and for understanding our own evolutionary limitations as a species? edited by world-renowned researchers jon kabat-zinn and richard j. davidson, this book presents this remarkably dynamic interchange along with intriguing research findings that shed light on the nature of the mind, its capacity to refine itself through training, and its role in physical and emotional health. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>THE SEROTONIN POWER DIET: USE YOUR BRAIN'S NATURAL CHEMISTRY TO CUT CRAVINGS, CURB EMOTIONAL OVEREATING, AND LOSE WEIGHT (HARDCOVER)</b></p> <p>the serotonin power diet is the only weight loss plan that will help you lose weight while being treated with the antidepressants and related medications that provoke overeating putting more than 30 years of groundbreaking research to work, renowned scientist judith wurtman, phd, and her colleague, nina t. frusztajer, md, present a clinically proven 12-week program that use the serotonin power diet is the only weight loss plan that will help you lose weight while being treated with the antidepressants and related medications that provoke overeating putting more than 30 years of groundbreaking research to work, renowned scientist judith wurtman, phd, and her colleague, nina t. frusztajer, md, present a clinically proven 12-week program that uses the power of carbohydrates to help you to: activate the appetite-suppressant function of serotonin to stop weight gain regain control over emotional overeating and cravings lose up to 2 pounds of real weight—not water—per week maintain a healthy lifestyle easy and economical, with more than 75 delicious recipes, the serotonin power diet is the natural solution to weight loss and maintenance for everyone who has ever thought their cravings could never be satisfied. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>



### AT THE MIND'S LIMITS: CONTEMPLATIONS BY A SURVIVOR ON AUSCHWITZ AND ITS REALITIES

"these are pages that one reads with almost physical pain...all the way to its stoic conclusion." --primo levi "the testimony of a profoundly serious man in its every turn and crease, it bears the marks of the true." --irving howe, new republic "this remarkable memoir.is the autobiography of an extraordinarily acute conscience. with the ear of a poet and the eye of a n "these are pages that one reads with almost physical pain.all the way to its stoic conclusion." --primo levi "the testimony of a profoundly serious man in its every turn and crease, it bears the marks of the true." --irving howe, new republic "this remarkable memoir.is the autobiography of an extraordinarily acute conscience. with the ear of a poet and the eye of a novelist, amery vividly communicates the wonder of a philosopher--a wonder here aroused by the 'dark riddle' of the nazi regime and its systematic sadism." --jim miller, newsweek "whoever has succumbed to torture can no longer feel at home in the world. the shame of destruction cannot be erased. trust in the world, which already collapsed in part at the first blow, but in the end, under torture, fully, will not be regained. that one's fellow man was experienced as the antiman remains in the tortured person as accumulated horror. it blocks the view into a world in which the principle of hope rules. one who was martyred is a defenseless prisoner of fear. it is fear that henceforth reigns over him." --jean amery at the mind's limits is the story of one man's incredible struggle to understand the reality of horror. in five autobiographical essays, amery describes his survival--mental, moral, and physical--through the enormity of the holocaust. above all, this masterful record of introspection tells of a young viennese intellectual's fervent vision of human nature and the betrayal of that vision. .more

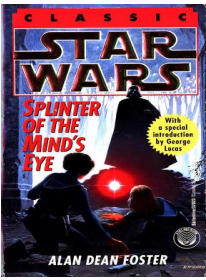
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### ON SECOND THOUGHT: OUTSMARTING YOUR MIND'S HARD-WIRED HABITS

our lives are composed of millions of choices, ranging from trivial to life-changing and momentous. luckily, our brains have evolved a number of mental shortcuts, biases, and tricks that allow us to quickly negotiate this endless array of decisions. we don't want to rationally deliberate every choice we make, and thanks to these cognitive rules of thumb, we don't need to. our lives are composed of millions of choices, ranging from trivial to life-changing and momentous. luckily, our brains have evolved a number of mental shortcuts, biases, and tricks that allow us to quickly negotiate this endless array of decisions. we don't want to rationally deliberate every choice we make, and thanks to these cognitive rules of thumb, we don't need to. yet these hard-wired shortcuts, mental wonders though they may be, can also be perilous. they can distort our thinking in ways that are often invisible to us, leading us to make poor decisions, to be easy targets for manipulators...and they can even cost us our lives. the truth is, despite all the buzz about the power of gut-instinct decision-making in recent years, sometimes it's better to stop and say, "on second thought" the trick, of course, lies in knowing when to trust that instant response, and when to question it. in on second thought, acclaimed science writer wray herbert provides the first guide to achieving that balance. drawing on real-world examples and cutting-edge research, he takes us on a fascinating, wide-ranging journey through our innate cognitive traps and tools, exposing the hidden dangers lurking in familiarity and consistency; the obstacles that keep us from accurately evaluating risk and value; the delusions that make it hard for us to accurately predict the future; the perils of the human yearning for order and simplicity; the ways our fears can color our very perceptions and much more. along the way, herbert reveals the often-bizarre cross-connections these shortcuts have secretly ingrained in our brains, answering such questions as why jury decisions may be shaped by our ancient need for cleanliness; what the state of your desk has to do with your political preferences; why loneliness can literally make us shiver; how drawing two dots on a piece of paper can desensitize us to violence... and how the very typeface on this page is affecting your decision about whether or not to buy this book. ultimately, on second thought is both a captivating exploration of the workings of the mind and an invaluable resource for anyone who wants to learn how to make smarter, better judgments every day. from the hardcover edition. ...more

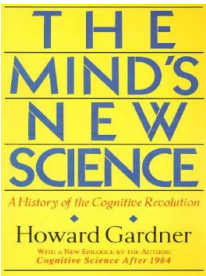
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### SPLINTER OF THE MIND'S EYE (STAR WARS UNIVERSE)

luke skywalker expected trouble when he volunteered to follow princess leia on her mission to the planet circarpous. but he discovered that hidden on the planet was the kaiburr crystal, a mysterious gem that would give the one who possessed it such powers over the force that he would be all but invincible. in the wrong hands, the crystal could be deadly. so luke had to fin luke skywalker expected trouble when he volunteered to follow princess leia on her mission to the planet circarpous. but he discovered that hidden on the planet was the kaiburr crystal, a mysterious gem that would give the one who possessed it such powers over the force that he would be all but invincible. in the wrong hands, the crystal could be deadly. so luke had to find this treasure and find it fast.... .more

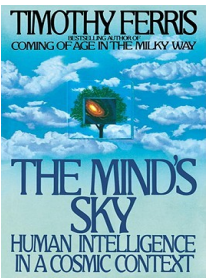
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### THE MIND'S NEW SCIENCE: A HISTORY OF THE COGNITIVE REVOLUTION

the first full-scale history of cognitive science, this work addresses a central issue: what is the nature of knowledge?

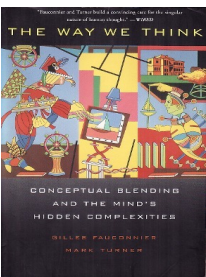
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### THE MIND'S SKY: HUMAN INTELLIGENCE IN A COSMIC CONTEXT

his style as playful as ever, timothy ferris explores inner as well as outer space in these essays on the human mind, the search for extraterrestrial (and thus nonhuman) intelligence, and their intersection. other chapters look at comet strikes as a source of species extinction; near-death experience; apocalyptic prophecies; information theory; and the origin of laughter.

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### THE WAY WE THINK: CONCEPTUAL BLENDING AND THE MIND'S HIDDEN COMPLEXITIES

in its first two decades, much of cognitive science focused on such mental functions as memory, learning, symbolic thought, and language acquisition --the functions in which the human mind most closely resembles a computer. but humans are more than computers, and the cutting-edge research in cognitive science is increasingly focused on the more mysterious, creative aspects in its first two decades, much of cognitive science focused on such mental functions as memory, learning, symbolic thought, and language acquisition --the functions in which the human mind most closely resembles a computer. but humans are more than computers, and the cutting-edge research in cognitive science is increasingly focused on the more mysterious, creative aspects of the mind. the way we think is a landmark synthesis that exemplifies this new direction. the theory of conceptual blending is already widely known in laboratories throughout the world; this book is its definitive statement. gilles fauconnier and mark turner argue that all learning and all thinking consist of blends of metaphors based on simple bodily experiences. these blends are then themselves blended together into an increasingly rich structure that makes up our mental functioning in modern society. a child's entire development consists of learning and navigating these blends. the way we think shows how this blending operates; how it is affected by (and gives rise to) language, identity, and concept of category; and the rules by which we use blends to understand ideas that are new to us. the result is a bold, exciting, and accessible new view of how the mind works. ...more

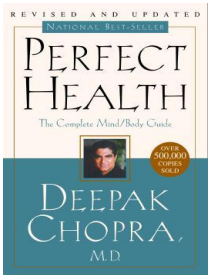
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### INUYASHA: THE MIND'S EYE (INUYASHA #13)

inu-yasha fights to protect kikyō and kagome from the demon pit, whose denizens have produced powerful monsters. just as victory is near, kikyō allows one demon to escape and inhabit naraku. then tootsi comes to inu-yasha seeking protection from seshōmaru, who has stolen one of the swordmaster's blades - a sword that gives life instead of taking it. inuyasha made its u.s. debut summer 2002 on the cartoon network. ...more

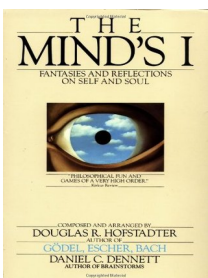
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### PERFECT HEALTH: THE COMPLETE MIND/BODY GUIDE

a decade ago, deepak chopra, m.d., wrote perfect health, the first practical guide to harnessing the healing power of the mind, which became a national bestseller. the book described how breakthroughs in physics and medicine were underscoring the validity of a 5,000-year-old medical system from ancient india known as ayurveda ("the knowledge of life span" in sanskrit). per a decade ago, deepak chopra, m.d., wrote perfect health, the first practical guide to harnessing the healing power of the mind, which became a national bestseller. the book described how breakthroughs in physics and medicine were underscoring the validity of a 5,000-year-old medical system from ancient india known as ayurveda ("the knowledge of life span" in sanskrit). perfect health went on to describe how to apply the ancient wisdom of ayurveda to everyday life. in celebration of this classic work we have created this new edition, revised and updated to include the latest medical research. although we experience our bodies as solid, they are in fact more like fires that are constantly being consumed and renewed. we grow new stomach linings every five days, for instance. our skin is new every five weeks. each year, fully 98 percent of the total number of atoms in our bodies is replaced. ayurveda gives us the tools to intervene at this quantum level, where we are being created anew each day. ayurveda tells us that freedom from sickness depends on contacting our own awareness, bringing it into balance, and then extending that balance to the body. perfect health provides a complete step-by-step program of mind body medicine tailored to individual needs. a quiz identifies the reader's mind body type: thin, restless vata; enterprising, efficient pitta; tranquil, steady kapha; or any combination of these three. this body type becomes the basis for a specific ayurvedic program of diet, stress reduction, neuromuscular integration, exercise, and daily routines. the result is a total plan, tailor-made for each individual, to reestablish the body's essential balance with nature; to strengthen the mind body connection; and to use the power of quantum healing to transcend the ordinary limitations of disease and aging--in short, for achieving perfect health. ...more

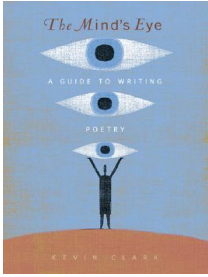
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### THE MIND'S I: FANTASIES AND REFLECTIONS ON SELF AND SOUL

brilliant, shattering, mind-jolting, the mind's i is a searching, probing cosmic journey of the mind that goes deeply into the problem of self and self-consciousness as anything written in our time. from verbalizing chimpanzees to scientific speculations involving machines with souls, from the mesmerizing, maze-like fiction of borges to the tantalizing, dreamlike fiction o brilliant, shattering, mind-jolting, the mind's i is a searching, probing cosmic journey of the mind that goes deeply into the problem of self and self-consciousness as anything written in our time. from verbalizing chimpanzees to scientific speculations involving machines with souls, from the mesmerizing, maze-like fiction of borges to the tantalizing, dreamlike fiction of lem and princess ineffable, her circuits glowing read and gold, the mind's i opens the mind to the black box of fantasy, to the windfalls of reflection, to new dimensions of exciting possibilities. "ever since david hume declared in the 18th century that the self is only a heap of perceptions, the poor ego has been in a shaky conditions indeed...mind and consciousness becomes dispensable items in our accounts of reality, ghosts in the bodily machine.yet there are indications here and there that the tide may be tuming.and the appearance of the mind's i, edited by douglas r. hofstadter and daniel c. dennett, seems a welcome sign of change." william barrett, the new york times book review .more

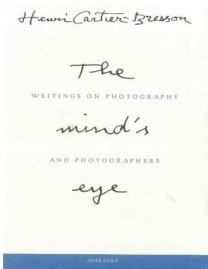
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### THE MIND'S EYE: A GUIDE TO POETRY WRITING

the mind s eye," written by a published poet, focuses on imagery and sound and has the added benefit of being concise, inexpensive, and handy. contemporary poetry as well as traditional form is discussed, with an emphasis on contemporary poets more than ninety of them and three student poets. chapters deal with difficult topics such as racism, war, mortality, gender, and m the mind s eye," written by a published poet, focuses on imagery and sound and has the added benefit of being concise, inexpensive, and handy. contemporary poetry as well as traditional form is discussed, with an emphasis on contemporary poets more than ninety of them and three student poets. chapters deal with difficult topics such as racism, war, mortality, gender, and more. ...more

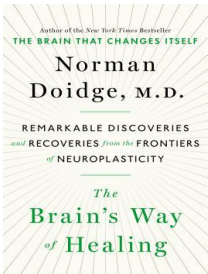
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### THE MIND'S EYE: WRITINGS ON PHOTOGRAPHY AND PHOTOGRAPHERS

this title features cartier-bresson's famous text on 'the decisive moment' as well as his observations on moscow, cuba, and china during turbulent times.

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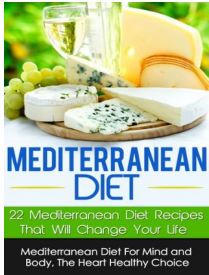
### THE BRAIN'S WAY OF HEALING: REMARKABLE DISCOVERIES AND RECOVERIES FROM THE FRONTIERS OF NEUROPLASTICITY

now a new york times bestseller! the bestselling author of the brain that changes itself presents astounding advances in the treatment of brain injury and illness in the brain that changes itself, norman doidge described the most important breakthrough in our understanding of the brain in four hundred years: the discovery that the brain can change its own structure and functi now a new york times bestseller! the bestselling author of the brain that changes itself presents astounding advances in the treatment of brain injury and illness in the brain that changes itself, norman doidge described the most important breakthrough in our understanding of the brain in four hundred years: the discovery that the brain can change its own structure and function in response to mental experience—what we call neuroplasticity. his revolutionary new book shows, for the first time, how the amazing process of neuroplastic healing really works. it describes natural, non-invasive avenues into the brain provided by the forms of energy around us—light, sound, vibration, movement—which pass through our senses and our bodies to awaken the brain's own healing capacities without producing unpleasant side effects. doidge explores cases where patients alleviated years of chronic pain or recovered from debilitating strokes or accidents; children on the autistic spectrum or with learning disorders normalizing; symptoms of multiple sclerosis, parkinson's disease, and cerebral palsy radically improved, and other near-miracle recoveries. and we learn how to vastly reduce the risk of dementia with simple approaches anyone can use. for centuries it was believed that the brain's complexity prevented recovery from damage or disease. the brain's way of healing shows that this very sophistication is the source of a unique kind of healing. as he did so lucidly in the brain that changes itself, doidge uses stories to present cutting-edge science with practical real-world applications, and principles that everyone can apply to improve their brain's performance and health. ...more

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**MEDITERRANEAN DIET: MEDITERRANEAN DIET FOR MIND AND BODY-22 MEDITERRANEAN DIET RECIPES THAT WILL CHANGE YOUR LIFE, THE HEART HEALTHY CHOICE (MEDITERRANEAN DIET BOOKS, MEDITERRANEAN DIET RECIPES)**

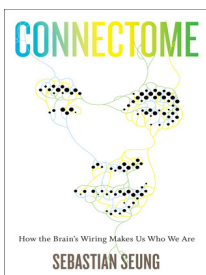
22 mediterranean diet recipes to improve your health-heart healthy choice today only, get this amazon bestseller for just \$2.99. regularly priced at \$4.99. read on your pc, mac, smart phone, tablet or kindle device. for years now, people have been fascinated by the mediterranean diet—and for good reason. the fact that you are reading this means that you are at least inter 22 mediterranean diet recipes to improve your health-heart healthy choice today only, get this amazon bestseller for just \$2.99. regularly priced at \$4.99. read on your pc, mac, smart phone, tablet or kindle device. for years now, people have been fascinated by the mediterranean diet—and for good reason. the fact that you are reading this means that you are at least interested to know how you can make the heart-smart choice of cooking healthier food without having to compromise cost and taste. you've come to the right place! this book contains 22 of the most famous recipes that follow the principles of the famous, heart-healthy mediterranean diet. from appetizing side dishes and salads, to filling main courses, delectable quick snacks to scrumptious desserts, this book has it all. this complete, easy to understand, step-by-step recipe book is guaranteed to satisfy not just your daily dietary health requirements, but also the cravings of your taste buds. so what are you waiting for? don the apron, and let's get cooking! here is a preview of what you'll learn... the mediterranean diet general principles health benefits sides and salads main courses quick snacks desserts much, much more! download your copy today! take action today and download this book for a limited time discount of only \$2.99! tags: mediterranean diet, mediterranean diet cookbook, mediterranean cookbook, mediterranean diet books, mediterranean diet recipes, mediterranean, mediterranean paleo cooking, mediterranean diet plan, mediterranean diet meal plan, mediterranean diet pyramid, mediterranean diet weight loss, mediterranean diet menu, mediterranean diet menu plan, mediterranean diet study, mediterranean diet sample menu, the mediterranean diet, mediterranean diet food list, healthy foods to eat, diet plans, diets, low fat diet, vegan diet, mediterranean recipes, mediterranean food, weight loss programs, diet recipes, lose weight, weight loss, quick weight loss, diets that work, mediterranean diet, diet .more




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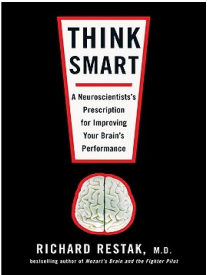
**CONNECTOME: HOW THE BRAIN'S WIRING MAKES US WHO WE ARE**

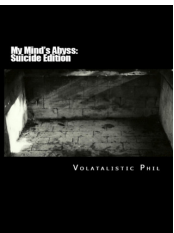
we know that each of us is unique, but science has struggled to pinpoint where, precisely, our uniqueness resides. is it in our genes? the structure of our brains? our genome may determine our eye color and even aspects of our personality. but our friendships, failures, and passions also shape who we are. the question is: how? sebastian seung, a dynamic professor at mit, i we know that each of us is unique, but science has struggled to pinpoint where, precisely, our uniqueness resides. is it in our genes? the structure of our brains? our genome may determine our eye color and even aspects of our personality. but our friendships, failures, and passions also shape who we are. the question is: how? sebastian seung, a dynamic professor at mit, is on a quest to discover the biological basis of identity. he believes it lies in the pattern of connections between the brain's neurons, which change slowly over time as we learn and grow. the connectome, as it's called, is where our genetic inheritance intersects with our life experience. it's where nature meets nurture. seung introduces us to the dedicated researchers who are mapping the brain's connections, neuron by neuron, synapse by synapse. it is a monumental undertaking—the scientific equivalent of climbing mount everest—but if they succeed, it could reveal the basis of personality, intelligence, memory, and perhaps even mental disorders. many scientists speculate that people with anorexia, autism, and schizophrenia are "wired differently," but nobody knows for sure. the brain's wiring has never been clearly seen. in sparkingly clear prose, seung reveals the amazing technological advances that will soon help us map connectomes. he also examines the evidence that these maps will someday allow humans to "upload" their minds into computers, achieving a kind of immortality. connectome is a mind-bending adventure story, told with great passion and authority. it presents a daring scientific and technological vision for at last understanding what makes us who we are. welcome to the future of neuroscience. ...more



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	<p><b>BRAIN'S DISEASES OF THE NERVOUS SYSTEM</b></p> <p>this work has long been one of the most popular single-volume textbooks of neurology, both in britain, north america, and throughout the rest of the world. for this tenth edition, lord walton has recruited eleven distinguished co-authors who are acknowledged leaders in their respective fields. the majority of the chapters have been completely rewritten or extensively revis this work has long been one of the most popular single-volume textbooks of neurology, both in britain, north america, and throughout the rest of the world. for this tenth edition, lord walton has recruited eleven distinguished co-authors who are acknowledged leaders in their respective fields. the majority of the chapters have been completely rewritten or extensively revised, so that each is a thorough and topical commentary. this modern approach is reflected in every chapter, but specific examplies include a new chapter on rehabilitation, and much new material covering molecular biology and genetics. emphasis is placed on the interface between clinical neurology and the neurosciences, with reference being made to the related disciplines of neuroradiology, neurochemistry, neurophysiology and neuropathology. despite the multiple authorship, the text is edited to achieve consistency of format and content so that the whole field of neurology is coherently covered. this concise yet comprehensive text is the most up-to-date single volume of neurology on the market. profusely illustrated and well referenced, it will be essential reading for neurologists, students of neurology, professionals working in basic and clinical neurosciences, and doctors in all branches of medicine. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
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	<p><b>THINK SMART: A NEUROSCIENTIST'S PRESCRIPTION FOR IMPROVING YOUR BRAIN'S PERFORMANCE</b></p> <p>a leading neuroscientist and new york times-bestselling author of mozart's brain and the fighter pilot distills the research on the brain and serves up practical, surprising, and illuminating recommendations for warding off neurological decline, cognitive function, and encouraging smarter thinking day to day. in think smart, the renowned neuropsychiatrist and bestselling a leading neuroscientist and new york times-bestselling author of mozart's brain and the fighter pilot distills the research on the brain and serves up practical, surprising, and illuminating recommendations for warding off neurological decline, cognitive function, and encouraging smarter thinking day to day. in think smart, the renowned neuropsychiatrist and bestselling author dr. richard restak details how each of us can improve and tone our body's most powerful organ: the brain. as a renowned expert on the brain, restak knows that in the last five years there have been exciting new scientific discoveries about the brain and its performance. so he's asked his colleagues-many of them the world's leading brain scientists and researchers-one important question: what can i do to help my brain work more efficiently? their surprising-and remarkably feasible-answers are at the heart of think smart. restak combines advice culled from cutting-edge research with brain-tuning exercises to show how individuals of any age can make their brain work more effectively. in the same accessible prose that made mozart's brain and the fighter pilot a new york times bestseller, restak presents a wide array of practical recommendations about a variety of topics, including the crucial role sleep plays in boosting creativity, the importance of honing sensory memory, and the neuron-firing benefits of certain foods. in think smart, the "wise, witty, and ethical restak" (says the smithsonian institution) offers readers helpful suggestions for fighting neurological decline that will put every reader on the path to building a healthier, more limber brain. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
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	<p><b>MY MIND'S ABYSS (SUICIDE EDITION)(RECOVERY, #1)</b></p> <p>"that addiction wheel still goes round and round, decade after decade, ad nauseum...at times very reminiscent of the works of the beats but embodied into a new generation's kinder and gentler holden caulfield. great kamikazi writing." - w. lawendowski "each chapter told a different story with regard to what point the character was in his life. it told of his rises and falls..." "that addiction wheel still goes round and round, decade after decade, ad nauseum...at times very reminiscent of the works of the beats but embodied into a new generation's kinder and gentler holden caulfield. great kamikazi writing." - w. lawendowski "each chapter told a different story with regard to what point the character was in his life. it told of his rises and falls... but throughout all of this the character was able to provide his own analytical insight and grow from these occurrences. there is also love on a deep level that when something goes wrong, you almost ache inside because of the connection the character describes. the book is very deep and a must read..." - h. poole "not only do you get to delve into another personality, but you also get a glimpse at another life from a different perspective not many of us know." "a magic carpet ride that ascends to the sky just to let you come crashing down." "he shares his life and feelings in a way that makes you feel like you know him... it is well written in a way that draws you in and lets you feel his pain." .more</p>	<p><a href="#">Readable/Downloadable</a></p>
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