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Your Brain THE MISSING MANUAL

How to get the most from your mind



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Matthew MacDonald

Your Brain The Missing Manual

Matthew MacDonald

Your Brain The Missing Manual:

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 guick 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 Access 2010: The Missing Manual Matthew MacDonald, 2010-06-18 Unlock the secrets of this powerful database program and discover how to use your data in creative ways With this book s easy step by step process you ll quickly learn how to build and maintain a complete Access database using Access 2013 s new simpler user interface and templates You also get practices and tips from the pros for good database design ideal whether you re using Access for school business or at home The important stuff you need to know Build a database with ease Store information to track numbers products documents and more Customize the interface Build your own forms to make data entry a snap Find what you need fast Search sort and summarize huge amounts of information Put your data to use Turn raw info into printed reports with attractive formatting Share your data Collaborate online with SharePoint and the Access web database Dive into Access programming Get tricks and techniques to automate common tasks Create rich data connections Build dynamic links with SQL Server SharePoint and other systems Your Body: The Missing Manual Matthew MacDonald, 2009-07-21 What exactly do you know about your body Do you know how your immune system works Or what your pancreas does Or the myriad and often simple ways you can improve the way your body functions This full color visually rich guide answers these

questions and more Matthew MacDonald noted author of Your Brain The Missing Manual takes you on a fascinating tour of your body from the outside in beginning with your skin and progressing to your vital organs You ll look at the quirks curiosities and shortcomings we ve all learned to live with and pick up just enough biology to understand how your body works You ll learn That you shed skin more frequently than snakes do Why the number of fat cells you have rarely changes no matter how much you diet or exercise they simply get bigger or smaller How you can measure and control fat That your hair is made from the same stuff as horses hooves That you use only a small amount of the oxygen you inhale Why blood pressure is a more important health measure than heart rate with four ways to lower dangerously high blood pressure Why our bodies crave foods that make us fat How to use heart rate to shape an optimal workout session one that s neither too easy nor too strenuous Why a tongue with just half a dozen taste buds can identify thousands of flavors Why bacteria in your gut outnumbers cells in your body and what function they serve Why we age and why we can t turn back the clock What happens to your body in the minutes after you die Rather than dumbed down self help or dense medical text Your Body The Missing Manual is entertaining and packed with information you can use It s a book that may well change your life Reader comments for Your Brain The Missing Manual also by author Matthew MacDonald Popular books on the brain are often minefields of attractive but inaccurate information This one manages to avoid most of the hype and easy faulty generalizations while providing easy to read and digest information about the brain It has useful tricks without the breathless hype of many popular books Elizabeth Zwicky The Usenix Magazine a unique guide that should be sought after by any who want to maximize what they can accomplish with their mental abilities and resources James A Cox The Midwest Book Review Wisconsin Bookwatch If you can t figure out how to use your brain after reading this guide you may want to return your brain for another The Sacramento Book Review Volume 1 Issue 2 Page 19 It's rare to find a book on any technical subject that is as well written and readable as Your Brain The Missing Manual The book covers pretty much anything you may want to know about your brain from what makes it up through how it develops to how to mitigate the affects of aging The book is easy reading fact packed and highlighted notes and practical applications So if you want to learn more about your brain how it works how to get the best out of it or just want to stave off the ravages of Alzheimers see chapter ten for details of how learning helps maintain your brain then I can t recommend this book highly enough Neil Davis Amazon co uk MacDonald s writing style is perfect for this kind of guide It remains educational without becoming overly technical or using unexplained jargon And even though the book covers a broad scope of topics MacDonald keeps it well organized and easy to follow The book captures your attention with fun facts and interesting studies that any person could apply to their own understanding of human ability It has great descriptions of the brain and its interconnected parts as well as providing full color pictures and diagrams to offer a better explanation of what the author is talking about Janica Unruh Blogcritics Magazine Access 2013: The Missing Manual Matthew MacDonald, 2013-04-11 Unlock the secrets of Access 2013 and discover how to use

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