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This is a fascinating book - for everyone who is able to appreciate the human brain, which, Russell says, is the most complex and most powerful information processor known to man. It is especially relevant for those called upon to read a great deal when time is limited, or who attend lectures and seminars and need to take notes.

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The book also presents many interesting bits of trivia that, while not crucial to the topic, is an interesting aside.

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the book associates intelligence with the brain's ability to process and information accurately and efficiently.

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and preventing and reversing dementia and Alzheimer's [Sears, William, Fortanasce, Vincent M.] on Amazon.com. \*FREE\* shipping on qualifying offers. The Healthy Brain Book: An All-Ages Guide to a Calmer, Happier, Sharper You: A proven plan for managing anxiety

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If you are looking for hope after a brain injury, then this book is a must read. You can purchase the book on Amazon or Audible.

Soft-Wired by Dr. Michael Merzenich, PhD. Dr. Merzenich was among the first scientists to accept that the adult brain is plastic and capable of change.

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Brain** Smarter  
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The Brain Facts Book.  
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primer on the brain  
and nervous system,  
published by the  
Society for  
Neuroscience. Brain  
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this best-selling book  
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Jensen explores the  
key features of brain-  
based teaching and the  
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of hundreds of scientific  
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trove of the author's  
own deep insights and  
a clear bright light of  
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through every page."

V.S. Ramachandran  
M.D., Ph.D.,  
Neurologist,  
Neuroscientist, and

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Brain," Director of the  
Center for Brain and  
Cognition, University of  
California, San Diego  
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phenomenal, and Tony  
Buzan has been a  
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that potential and



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concentration, and  
creativity ...

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Thinking to  
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We recommended keeping a gratitude diary in the book, for example. But that's still a case of using your rational brain—you decide you're going to keep a diary because the research shows that this will help you, thinking about the good things in your life. And that does indeed produce a wonderful emotional response; it's one of the best ...

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**How to Overcome  
Your Brain's Fixation  
on Bad Things**

For those who read books about the brain, Eagleman's book might be a bit too 'basic', only scratching the surface of neuroscience. But if you are looking for a well written & accessible introduction into 'the workings of the brain', this is definitely a great book

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to start with.

Work Smarter  
Concise Advice

**The Brain: The Story  
of You by David  
Eagleman**

The book also presents many interesting bits of trivia that, while not crucial to the topic, is an interesting aside.

For example, in the "Intelligence" chapter, the book associates intelligence with the brain's ability to process and information accurately

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**The Human Brain  
Book: Carter, Rita:  
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This is one of the most immediately useable books on the brain I've ever read. 5. The Female Brain By Louann Brizendine. Whether you're male or female, this is a must-read book. The book details the phases and changes that a

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woman's brain goes through (physically and hormonally) from childhood to post menopause and everything in between.

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you achieve the peak  
performance you ...

## Concise Advice

### **7 Books That Will Train Your Brain to Overachieve | Inc.com**

In *The Female Brain*, Dr. Doreen F. Brizendine distills all her findings and the latest information from the scientific community in a highly accessible book that educates women about their unique brain/body/behavior.

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The result: women will come away from this book knowing that they have a lean, mean, communicating machine.

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The Other Brain is the story of glia, which make up approximately 85 percent of the cells in the brain. Long



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neglected as little more than cerebral packing material ("glia" means glue), glia are sparking a revolution in brain science. Glia are completely different from neurons, the brain cells that we are familiar with.

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