



# Your Brain; Your Power: A Scientific Guide to Mental Empowerment Throughout Life

By Lawrence A. Olatunji Ph.D.

AUTHORHOUSE, United States, 2012. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Your brain is 100 billion cells and 3,200,000 km of wires, with 1,000,000,000,000,000 synaptic connections, all packed into 1.5 liters and weighing 1.5 kg. Your brain determines virtually everything you do; voluntary and involuntary activities, ranging from walking, breathing, sweating to emotion, learning, and personality expression. This organ influence how your body responds to disease-causing organisms and even, could dictate how well individuals respond to treatments. It receives and processes information from the environment and shapes your thoughts, dreams, aspirations, and imaginations. Indeed, it determines your behaviors, worth and values. It also differentiates you from other species or another person. This fundamental aspect of human nature is laid bare when our brains fail. Why you need this book? In a new and innovative manner the author presents scientific facts that can be practised in our daily lives using relevant examples. This book can become a resource material for your brain fitness and even your total wellness. It is written in a way that is reader friendly and can be adapted as a personal wellness tool kit. The materials...



### Reviews

*This sort of publication is everything and made me seeking forward and much more. Better then never, though i am quite late in start reading this one. I am easily could possibly get a delight of reading through a created pdf. -- Quinton Balistreri* 

A really amazing ebook with lucid and perfect answers. I am quite late in start reading this one, but better then never. You are going to like the way the blogger write this pdf. -- **Prof. Bertram Ullrich Jr.** 

## **Relevant eBooks**

### Studyguide for Introduction to Early Childhood Education: Preschool Through Primary Grades by Brewer, Jo Ann

CRAM101, United States, 2013. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Never HIGHLIGHT a Book Again! Includes all testable terms, concepts, persons, places, and events. Cram101 Just the FACTS101 studyguides gives...

#### Twitter Marketing Workbook: How to Market Your Business on Twitter

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Twitter Marketing Workbook 2016 Learn how to market your business on Twitter for free A best-selling...

#### ESL Stories for Preschool: Book 1

Createspace, United States, 2013. Paperback. Book Condition: New. 212 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A big attractive colourful book for ESL beginners, aged 3 to 5. It contains 5 illustrated stories written specifically for...

-		

#### I Learn, I Speak: Basic Skills for Preschool Learners of English and Chinese

Paraxus International, Inc., United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Please go to // and shapes for some high resolution sample pages. Learn Chinese - Basic Skills for...

Ξ		
	_	
	_	_
	_	_

#### 5 Mystical Songs: Vocal Score

Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Vaughan Williams setting of four poems from George Herbert s 1633 collection, The Temple: Sacred Poems was done...

#### Slavonic Rhapsody in D Major, B.86.1: Study Score

Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 297 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The first of the three Slovanske rapsodie was composed from February 13 to March 17 of 1878 and...