



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 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...



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