



# Time Your Brain A Users Guide

**Jicheng Xie**



## **Time Your Brain A Users Guide:**

*The Brain: A User's Manual* Marco Magrini, 2019-03-21 Congratulations on the purchase of this exclusive product tailor made just for you It will provide you with years of continuous existence So begins *The Brain A User s Manual* Marco Magrini s fascinating guide to the inner workings of one of nature s most miraculous but misunderstood creations the human brain This user friendly manual offers an accessible guide to the machine you use the most deconstructing the brain into its constituent parts and showing you both how they function and how to maintain them for a longer life Cutting through the noise of modern pop psychology *The Brain A User s Manual* is a refreshingly factual approach to self help Written with a deft style and wry humour it offers tips on everything from maximising productivity to retaining memory and boosting your mood

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