



## Being Your Brain's Best Friend: Appreciating the Power of Your Brain

By Jr M D Delbert L Secrist

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We humans have a remarkable evolutionary gift: our brain. A healthy brain is able to respond appropriately to many challenges of daily living, and, most importantly, offers the potential to become a Best Friend. Research is rapidly expanding human knowledge of the anatomy, creativity, and endless potential of this mysterious organ. Some challenges are beyond human control, but a healthy brain is able to skillfully navigate many diverse assignments with ease. This book offers a deepening understanding of the common denominators of nurturing and maintaining this incredibly complex organ, allowing us to recognize the true value of our most vital gift. When the brain is your friend, it is a perpetual power machine.



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