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# Your Brain

## THE MISSING MANUAL

How to get the most from your mind



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# Your Brain The Missing Manual

**Matthew MacDonald**



## **Your Brain The Missing Manual:**

**Your Brain: The Missing Manual** Matthew MacDonald, 2008-05-29 Puzzles and brain twisters to keep your mind sharp and your memory intact are all the rage today More and more people Baby Boomers and information workers in particular are becoming concerned about their gray matter's ability to function and with good reason As this sensible and entertaining guide points out your brain is easily your most important possession It deserves proper upkeep Your Brain The Missing Manual is a practical look at how to get the most out of your brain not just how the brain works but how you can use it more effectively What makes this book different than the average self help guide is that it's grounded in current neuroscience You get a quick tour of several aspects of the brain complete with useful advice about Brain Food The right fuel for the brain and how the brain commands hunger including an explanation of the different chemicals that control appetite and cravings Sleep The sleep cycle and circadian rhythm and how to get a good night's sleep or do the best you can without it Memory Techniques for improving your recall Reason Learning to defeat common sense logical fallacies including tactics for winning arguments and good reasons for bad prejudices Creativity and Problem Solving Brainstorming tips and thinking not outside the box but about the box in other words find the assumptions that limit your ideas so you can break through them Understanding Other People's Brains The battle of the sexes and babies developing brains Learn about the built in circuitry that makes office politics seem like a life or death struggle causes you to toss important facts out of your memory if they're not emotionally charged and encourages you to eat huge amounts of high calorie snacks With Your Brain The Missing Manual you'll discover that sometimes you can learn to compensate for your brain or work around its limitations or at least to accept its eccentricities Exploring your brain is the greatest adventure and biggest mystery you'll ever face This guide has exactly the advice you need

**Your Body: The Missing Manual** Matthew MacDonald, 2009-07-21 What exactly do you know about your body Do you know how your immune system works Or what your pancreas does Or the myriad and often simple ways you can improve the way your body functions This full color visually rich guide answers these questions and more Matthew MacDonald noted author of Your Brain The Missing Manual takes you on a fascinating tour of your body from the outside in beginning with your skin and progressing to your vital organs You'll look at the quirks curiosities and shortcomings we've all learned to live with and pick up just enough biology to understand how your body works You'll learn That you shed skin more frequently than snakes do Why the number of fat cells you have rarely changes no matter how much you diet or exercise they simply get bigger or smaller How you can measure and control fat That your hair is made from the same stuff as horses hooves That you use only a small amount of the oxygen you inhale Why blood pressure is a more important health measure than heart rate with four ways to lower dangerously high blood pressure Why our bodies crave foods that make us fat How to use heart rate to shape an optimal workout session one that's neither too easy nor too strenuous Why a tongue with just half a dozen taste buds can identify thousands of flavors Why bacteria in your gut outnumber cells in your body and what

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WordPress: The Missing Manual Matthew MacDonald,2014-06-25 Whether you're a budding blogger or seasoned Web designer WordPress is a brilliant tool for creating websites once you know how to tap its impressive features The latest edition of this jargon free Missing Manual shows you how to use WordPress 3.9's themes widgets plug ins and souped up editing and multimedia tools to build just about any kind of site The important stuff you need to know Create your site Get hands on A to Z instructions for building all types of websites from classy blogs to professional looking ecommerce sites Add features Choose from thousands of widgets and plug ins to enhance your site's ease of use looks and performance Mix in multimedia Add picture galleries slideshows video clips music players and podcasts to your pages Attract an audience Create automatic content feeds sign up site subscribers and help readers share your posts on social media Fine tune your content Analyze site statistics to improve your content and reach and to optimize your site for search engines Go Mobile Choose a

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### **Your Brain The Missing Manual :**

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