FOURTH EDITION Revised and Updated

# The

# OWNER'S MANUAL for the BRAIN

THE ULTIMATE GUIDE TO PEAK
MENTAL PERFORMANCE AT ALL AGES

- Achieve Happiness
- Improve Sleep
- Maximize Creativity
- Understand Emotions
- Sharpen Intelligence

- Increase Willpower
- Manage Stress
- Enhance Memory
- Master New Habits
- Reverse Aging

Pierce J. Howard, Ph.D.

## **The Owner Manual For The Brain**

Pierce J. Howard

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