



## Sort Your Brain Out

By Webster, Adrian; Lewis, Jack

John Wiley and Sons Ltd. Book Condition: New. Optimize your brainpower and performance with practical tools and skills The human brain is constantly rewiring its 160 billion cells, continually and imperceptibly changing the way we think. Because of that, we can fundamentally change the way our brains work for the better. Num Pages: 216 pages, black & white illustrations. BIC Classification: VSP. Category: (P) Professional & Vocational. Dimension: 141 x 216 x 11. Weight in Grams: 278. . 2014. 1st Edition. Paperback. . . . Books ship from the US and Ireland.



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