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Tom Wujec is the author of The Complete Mental Fitness Book (4.17 avg rating, 30 ratings, 1 review, published 2005), IMAGINE DESIGN CREATE (3.97 avg rati...

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~~Tom Wujec (Editor of IMAGINE DESIGN CREATE)~~

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Does your mind wander when you think through a problem? Instead of creative leaps, are you confronted with mental blocks? Perhaps you need to exercise your mind the way you condition your body. The author shows you how to strengthen, flex, tone and coordinate your 'mental muscles' and eliminate mental flab.

Does your mind wander when you think through a problem at home or at work? Do you have trouble remembering vital names, dates, facts? Instead of making creative leaps, are you all too often confronted with mental blocks? It may be that your mind is suffering from lack of exercise. In "Pumping Ions" author Tom Wujec shows you how to strengthen, flex, tone, and coordinate your "mental muscles," conditioning the brain just as you do the body. Perfect for the student, business person, or anyone who feels their mind has grown "flabby," this fully-illustrated guide provides dozens of easy exercises designed to: -increase attention span -improve memory -enhance creativity -Stretch imagination -build up powers of deduction and analysis -hone decision-making skills It also explains many invaluable techniques for relaxation, visualization, verbalization, and learning. Packed with intriguing puzzles, provocative ideas, and suggestions, this fascinating book can help you develop your very own mental fitness program--and gain the ultimate competitive edge in business, school, or recreation.

Shares exercises and puzzles designed to challenge and stimulate the mind and offers advice concerning attention, mental play, memory, flexibility, and decision making

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"Imagine, design, create offers a wide-ranging look at how the creative process and the tools of design are dramatically changing - and where design is headed into the coming years. Bringing together stories of good design happening around the world, the book shows how people are using fresh design approaches and new capabilities to solve problems, create opportunities, and improve the way we live and work"-- Book jacket.

Virtually everyone fears mental deterioration as they age. But in the past thirty years neuroscientists have discovered that the brain is actually designed to improve throughout life. How can you encourage this improvement? Brain Power shares practical, state-of-the-evidence answers in this inspiring, fun-to-read plan for action. The authors have interviewed physicians, gerontologists, and neuroscientists; studied the habits of men and women who epitomize healthy aging; and applied what they describe in their own lives. The resulting guidance; along with the accompanying downloadable Brain Sync audio program; can help you activate unused brain areas, tone mental muscles, and enliven every faculty.

Do you want to expand your mental power? Think more clearly, logically, and creatively? Improve your memory? Solve problems and make decisions more effectively? Brain Power introduces the six functional thinking abilities you need to become an adaptive, innovative thinker. As you develop your ability to think on your feet, to isolate and arrange facts, and to avoid logical pitfalls you will see how to use creative problem solving strategies, both in business and in private life. With practical exercises to improve your full range of mental

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capabilities from concentration to intuition, management consultant Karl Albrecht answers all your questions on becoming a more efficient and effective thinker. Offering a gold mine of ideas and techniques to use in most any situation, Brain Power provides fascinating illustrations, games, and puzzles that will stimulate and expand your brain power.

Originally written as a manual for intelligence field operations... -You'll stop believing in free will.- -LISA SCHMIDT, HUFFINGTON POST One look at the table of contents will give you an 'oh my God' moment. -The Ellipsis Manual is the kind of book that used to be locked away...deep in a vault underground...far away from the prying eyes of those who could misuse its power. With chapter titles like 'Methods of physically hacking the brain' and 'Shutting off human willpower,' what you're about to learn could make even the most well-trained CIA operative blush... And that's what leads me to say that if you're going to pick up your copy of The Ellipsis Manual today, you've got to make a firm commitment not to go to the dark side with this material. Because once you go through these pages, you'll be able to: -See through the masks people wear - exposing fears and insecurities no one else can see -Instantly detect when a partner, boss, or even a friend is lying to you -Covertly influence anyone, any time (with NO chance of being caught) -Hijack peoples' deepest thoughts, feelings, and favorite gestures...and leverage them to your advantage Implant whatever ideas and beliefs you want into the minds of people you want to persuade, control, or seduce ...and a WHOLE lot more. And once you have these powers, trust me-the temptation to misuse them will certainly be strong. Fight the urge. Stay true to your principles. And use what you're about to learn to help yourself and others-for your own good, as well as theirs.- - Author and persuasion expert

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MICHAEL WITCOFF -One of the most frighteningly powerful books imaginable. It shows how to make a real life Manchurian Candidate complete with alternate personalities and amnesia. A process I didn't feel was possible till now.- DAVID BARRON a.k.a. DANTALION JONES - 8-time bestselling author including Mind Control 101 -If there was a manual on how to be James Bond, this is it.- -TIM O'KEEFE -Chase Hughes is like Robert Cialdini on steroids.- -ZACH HANDA

Mental health is . . . being yourself. A prescriptive and positive guide, illustrated with line drawings, making the case that mental well-being, like physical health, can be strengthened over time and with specific techniques We all want to feel less anxiety, guilt, anger and sadness. We want to obsess less and be less lonely, free ourselves from our demons, compulsive habits, and stress. But as humans (unlike rocks) we experience all of these. And paradoxically, trying to avoid and control them only makes things worse. Having struggled with serious mental illness for many years himself, Mark Freeman has become a dedicated mental-health advocate and coach. He makes the case that instead of trying to feel less and avoid pain and stress, we need to build emotional fitness, especially our capacity for strength, balance and focus. With wit, compassion, and depth of experience and anecdotes, he shows that we can recover from many mental disorders, from mild to very serious, at all ages and stages of life, and even if other methods have failed. Freeman's innovative approach makes use of a range of therapeutic techniques, mindfulness training, peer support, humor, and common sense.

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This book presents a compact study on recent concepts and advances in biomedical engineering. The ongoing advancement of civilization and related technological innovations are increasingly affecting many aspects of our lives. These changes are also visible in the development and practical application of new methods for medical diagnosis and treatment, which in turn are closely linked to expanding knowledge of the functions of the human body. This development is possible primarily due to the increasing cooperation of scientists from various disciplines, and related activities are referred to as “biomedical engineering.” The combined efforts of doctors, physiotherapists and engineers from various fields of science have helped achieve dynamic advances in medicine that would have been impossible in the past. The reader will find here papers on biomaterials, biomechanics, as well as the use of information technology and engineering modeling methods in medicine. The respective papers will promote the development of biomedical engineering as a vital field of science, based on cooperation between doctors, physiotherapists and engineers. The editors would like to thank all the people who contributed to the creation of this book – both the authors, and those involved in technical aspects.

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