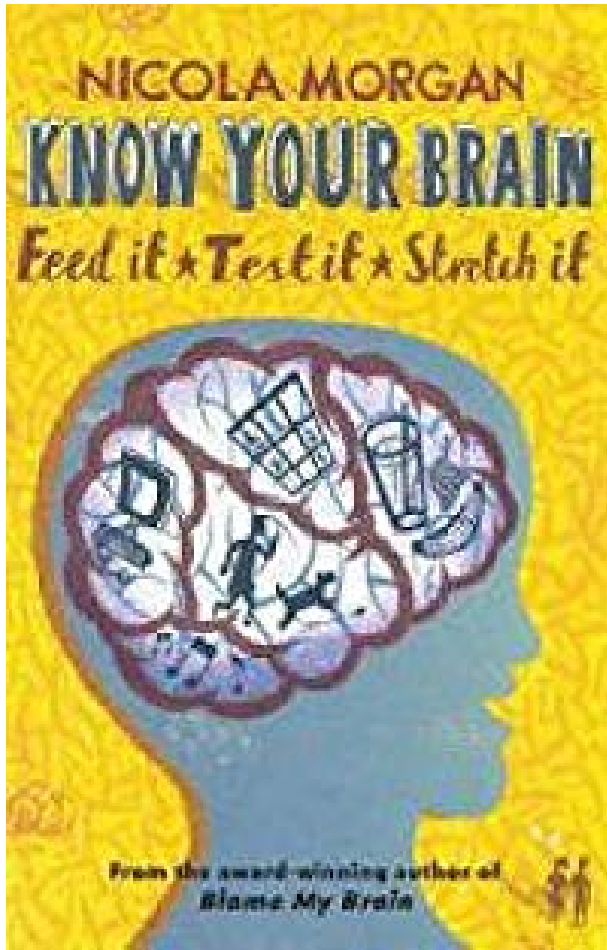


# Know Your Brain



<b>ISBN10:</b>	1406304158
<b>Author:</b>	Nicola Morgan
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[Know Your Brain.epub](#)

Explains how the brain functions and how to make it work in different ways. Containing sections on intelligence and learning styles, keeping the brain fit and healthy and lots of tests and quizzes, this book explores the marvellous thing that makes us who we are. There is nothing more amazing than the human brain. It will be with you for your entire life, it will grow and change with you - it is you! So it's worth finding out as much as possible about it. In "Know Your Brain", Nicola Morgan explains how the brain functions and how to make it work in the best possible way. With sections on intelligence and learning styles, keeping the brain fit and healthy - including Nicola's own delicious recipe for 'brain cake' - and lots of tests and quizzes, this book explores the marvellous thing that makes us who we are.

"\* "Nicola Morgan is a fine writer." David Almond \* "It is very rare that an author succeeds in writing a book for teenagers which is also a 'must read' for their parents and teachers." The Scotsman"