



Know Your Brain

By Nicola Morgan

Walker Books Ltd. Paperback. Book Condition: new. BRAND NEW, Know Your Brain, Nicola Morgan, 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.



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