



# Your Daily Brain: 24 Hours in the Life of Your Brain

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**Want to stop losing your car keys? Will a creative idea into existence? Have more productive arguments with your spouse?**

In *Your Daily Brain*, the team behind Marbles: The Brain Store, a chain devoted to building better brains, shows you all the weird and wonderful ways your brain works throughout the day—even when you think it's not working at all, like when you're on the treadmill or picking the kids up from school.

Consider this book a wake-up call, a chance to take a closer look at and jump start your brain. From the minute your alarm clock buzzes in the morning until your head hits the pillow at night, your daily activities—everything from doing a crossword puzzle to parallel parking—are part of a process for how you evaluate the world, make choices and decisions, and reach short-term goals while keeping your eyes on the bigger ones. In each, you have the opportunity to use your brain for better or worse, whether it's what to listen to you on your morning commute or avoiding mental traps at the grocery store.

Packed with information as well as useful tips and tricks, *Your Daily Brain* is the brain hack you've been looking for!

*From the Trade Paperback edition.*

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