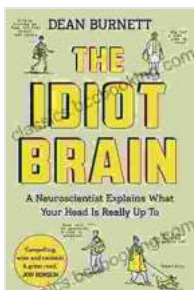


# What Your Head Is Really Up To: Unlocking the Secrets of Your Mind

Your mind is a complex and fascinating organ, capable of incredible feats. But what is it really up to? What are the hidden processes that shape our thoughts, feelings, and behaviors?



## Idiot Brain: What Your Head Is Really Up To by Dean Burnett

★★★★☆ 4.6 out of 5

|                      |             |
|----------------------|-------------|
| Language             | : English   |
| File size            | : 1416 KB   |
| Text-to-Speech       | : Enabled   |
| Screen Reader        | : Supported |
| Enhanced typesetting | : Enabled   |
| Word Wise            | : Enabled   |
| Print length         | : 328 pages |



In 'What Your Head Is Really Up To,' renowned neuroscientist and meditation teacher Dr. Amishi Jha takes us on a captivating journey into the inner workings of our minds. She reveals the latest discoveries from neuroscience and mindfulness research, showing us how to:

- Train our attention to focus on the present moment
- Cultivate self-awareness and compassion
- Reduce stress and anxiety
- Boost our creativity and problem-solving abilities

- Live happier and more fulfilling lives

Dr. Jha's writing is clear, engaging, and accessible to readers of all levels. She draws on her own personal experiences and the latest scientific research to create a book that is both informative and transformative.

'What Your Head Is Really Up To' is an essential guide for anyone who wants to understand the mind and harness its power. It is a book that will change the way you think about yourself and the world around you.

Here is a more detailed look at what you will learn in 'What Your Head Is Really Up To':

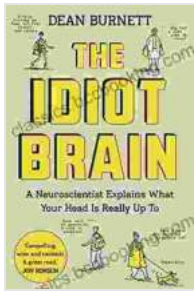
- The neuroscience of attention and mindfulness
- How to train your attention to focus on the present moment
- The benefits of mindfulness for mental health and well-being
- How to cultivate self-awareness and compassion
- How to use mindfulness to reduce stress and anxiety
- How to boost your creativity and problem-solving abilities
- How to live a happier and more fulfilling life

If you are ready to unlock the secrets of your mind and live a more fulfilling life, then 'What Your Head Is Really Up To' is the book for you.

Buy 'What Your Head Is Really Up To' on Our Book Library

**Idiot Brain: What Your Head Is Really Up To** by Dean Burnett

★★★★☆ 4.6 out of 5



|                      |             |
|----------------------|-------------|
| Language             | : English   |
| File size            | : 1416 KB   |
| Text-to-Speech       | : Enabled   |
| Screen Reader        | : Supported |
| Enhanced typesetting | : Enabled   |
| Word Wise            | : Enabled   |
| Print length         | : 328 pages |



## How to Know When Language Deceives You

Unmasking the Power of Persuasion in Everyday Life In the realm of human communication, language holds immense power to shape our thoughts, sway our...



## 50 Things To Know About Planning Home Schooling Excursions

: The Power of Hands-On Learning Embarking on home schooling excursions can be an incredibly rewarding experience for both children and parents. These excursions offer a rich...