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My Brain the Superhero

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More than 60 fun activities and many tips to unlock the powers of your brain!

Your brain is a hero! Thanks to this book, you will get to know it and tame its superpowers, through experiments, relaxation exercises, and awareness activities.

Who rules in your head? Who is the keeper of your memories? Who takes control in case of danger? And why do you sometimes feel like an ogre wakes up in there?

Your brain has a thousand and one tricks when it comes to deploying its powers, and you can even help it out! It's up to you to find out how through the 60 activities proposed by Nathalie Petit, coach and certified trainer in the neurocognitive and behavioral approaches.

With a DIY poster to detach and tips for taking things further.
