



# Use Your Head: A Guided Tour of the Human Mind

*Daniel Freeman, Jason Freeman*

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**Use Your Head: A Guided Tour of the Human Mind** Daniel Freeman, Jason Freeman

**With practical advice on how to overcome phobias, addictions, and insomnia, this definitive manual for the brain provides a comprehensive look at what makes us tick**

Having trouble sleeping? Suffering from panic attacks? This book helps readers pinpoint their symptoms, then provides practical advice on how to overcome these difficulties. Offering readers the opportunity to revolutionize the way they think, the Freeman brothers unravel the secrets of the mind and explain the scientific facts behind common behaviors. For everyone wondering why they think, feel, and act how they do, or what exactly makes them happy, sad, angry, or anxious, this is essential reading. Armed with key psychological insights, readers can then apply them to everyday situations and understand why they are attracted to certain people, or remember faces rather than names. Written in a fresh, anecdotal style, this book is clear, concise, and immediately relevant.

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