

Mind

Tools in the Mind chapter are dedicated to helping you remember things you've read or heard or people you've met. They're relevant to many aspects of the mind's functioning and should empower you to think critically, engage your creativity, and expand your openness to new ideas. You will find tools aimed at helping you improve your memory, address your fears, and relax your buzzing brain so that you can sleep more deeply. In combination, the tools in this chapter should improve your thinking and contribute to the development of a healthier brain.