



# Green Tea for the Brain: Autobiography of Joseph William Pehoushek

*Joseph William Pehoushek*

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**Green Tea for the Brain: Autobiography of Joseph William Pehoushek** Joseph William Pehoushek Joe Pehoushek was born in Minnesota and raised there during the turbulence of World War II. His father moved the family to Japan shortly after the end of the war. Coming of age in post-war Occupied Japan made a lasting imprint on his life. He describes events, mostly personal but influenced by the world surrounding him. The Occupation of war-torn Japan, the Korean War, and the Cold War standoff with the Soviets all impacted his life. Raised in a family with strong moral and ethical values, as well as an inquisitive mindset, he was a natural fit for a career in Engineering. He chose a spouse with similar interests and intellect and they raised three children in those values. He narrates vignettes of his life as a child, a teenager, a college student, young married, business career, and life in retirement. Worldwide wanderlust pervades his activities. Green Tea for the Brain describes these adventures.

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