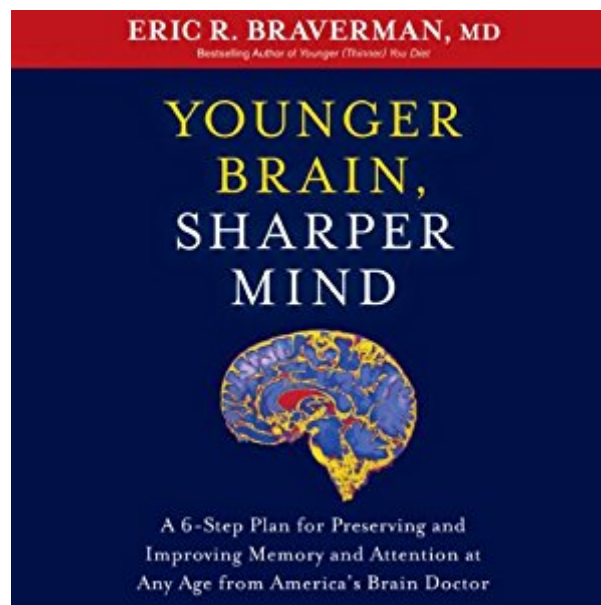




The book was found

Younger Brain, Sharper Mind: A 6-Step Plan For Preserving And Improving Memory And Attention At Any Age From Americas Brain Doctor



Synopsis

No one can avoid gray hair and wrinkles, but what about preventing the brain from aging? Dr. Eric Braverman, "America's Brain Doctor" and best-selling author has created a simple, science-based plan that can help prevent the worst mental side effects of aging: memory loss, cognitive decline, and mood changes. Dr. Braverman distills 35 years of research and clinical experience into a 6-step program that helps spur neurogenesis: growing new brain cells as one ages. By following the plan, readers can self-detect cognitive decline, reverse it, and boost the brain's power and speed. In *Younger Brain, Sharper Mind*, listeners will discover: The Braverman Brain Advantage Test - a fast and simple way to assess attention span, memory, and cognitive function Special foods scientifically proven to support brain function A comprehensive set of exercises - for both body and brain - designed to keep readers healthy and functioning at a high level even as the years go by

Book Information

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Customer Reviews

I haven't read it yet but am sure it is a fantastic book. I borrowed it first from the public library but, after a few pages, I knew that I wanted a copy for myself to read when I want.

Great book that has helped our family deal with dementia in the family, understanding the disease and doing positive things to prevent it as we grow older.

Excellent book on how to eat your brain back to health.

Good information, though it is difficult to follow all the advice, at least for me. But good ideas to keep the brain healthy.

I am disappointed by it. I heard the author speak several times before at various anti-aging conferences and also read other books from him. This book has several mistakes (references do not fit the text etc.). He also uses heavy conventional drugs when he knows from the anti-aging literature that there are equally effective, but less toxic alternatives. I would not waste my time reading it.

I ordered all of Dr. Braverman's books, very good information.

Great book. Would recommend to anyone trying to maintain brain health

There is a lot of good information in this book. It is well written and explanatory. The author is an MD so I view the information as credible. There are also practical tests that one can take so see where there might be a problem. I definitely recommend this book to anyone looking for answers to ADD, Alzheimers disease, dementias and other health issues as related to the brain. You will be surprised at how diet, physical exercise and mental exercise and the lack of can affect the brain.

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1) Canning and Preserving Soups, Stews, and Chili: A Step-by-Step Guide to Canning Delicious Food (Canning and Preserving for Novices Book 1) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) Better Memory Now: Memory Training Tips to Creatively Learn Anything Quickly, Improve Memory, & Ability to Focus for Students, Professionals, and Everyone Else who wants Memory Improvement Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) The Better Brain Book: The Best Tool for Improving Memory and Sharpness and Preventing Aging of the Brain Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger Think and Eat Yourself Smart: A Neuroscientific Approach to a Sharper Mind and Healthier Life 101 Magic Tricks: Any Time. Any Place. - Step by step instructions to engage, challenge, and entertain At Home, In the Street, At School, In the Office, At a Party Canning and Preserving: A Simple Food in a Jar Home Preserving Guide for All Seasons: Bonus: Food Storage Tips for Meat, Dairy and Eggs

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