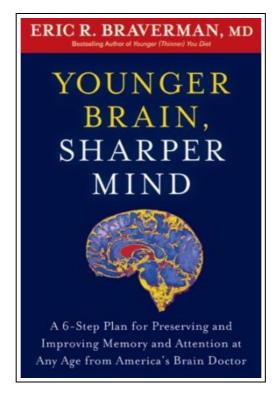
# Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from Americas Brain Doctor



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# Reviews

This book is great, it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).

(Sterling Kris)

# YOUNGER BRAIN, SHARPER MIND: A 6-STEP PLAN FOR PRESERVING AND IMPROVING MEMORY AND ATTENTION AT ANY AGE FROM AMERICAS BRAIN DOCTOR



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Rodale Press. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.9in. x 6.0in. x 0.9in.No one can avoid gray hair and wrinkles, but what about preventing the brain from aging Dr. Eric Braverman, Americas Brain Doctor and bestselling 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 brains power and speed. In Younger Brain, Sharper Mind, readers will discover: The Braverman Brain Advantage Testa fast and simple way to assess attention span, memory, and cognitive function Special foods scientifically proven to support brain function A comprehensive set of exercisesfor both body and braindesigned to keep readers healthy and functioning at a high level even as the years go by This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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