



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

By Eric R. Braverman

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, America's 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 brain's power and speed. In *Younger Brain, Sharper Mind*, readers 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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