



[DOWNLOAD PDF](#)

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, 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 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.



[READ ONLINE](#)

[8.75 MB]

Reviews

Unquestionably, this is the best operate by any article writer. It is really basic but surprises from the 50 % of the ebook. I realized this ebook from my i and dad suggested this ebook to discover.

-- Kacie Schroeder

This pdf could be well worth a read through, and a lot better than other. It is amongst the most incredible publication i have got read through. I discovered this book from my dad and i recommended this publication to discover.

-- Sadye Hill