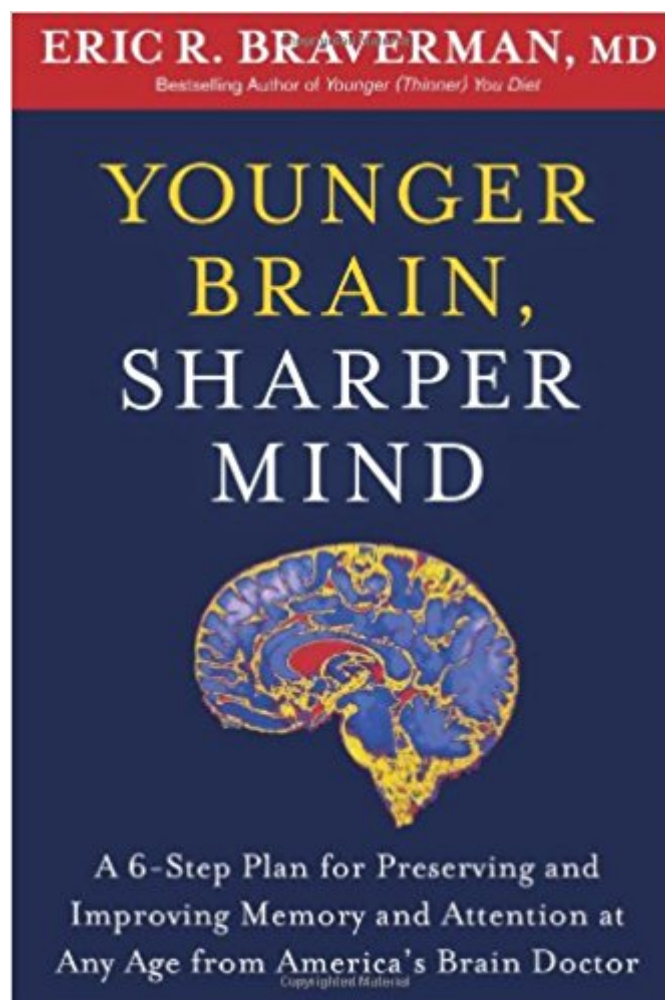




The book was found

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





Synopsis

While gray hair and wrinkles may be unwelcome if inevitable signs of the passing years, the memory loss, intellectual impairment, and mood swings that come with an aging brain can be truly devastating. According to bestselling author and anti-aging expert Dr. Eric Braverman, getting older does not have to mean becoming forgetful, clueless, or depressed—quite the opposite, in fact. Distilling his 35 years of research and clinical experience into an easy-to-follow protocol, Dr. Braverman explains how men and women can actually build new brain cells, becoming younger and smarter as they age. Readers will learn what to eat to stay focused, when to exercise to sharpen their memory, and how to organize their lifestyle to improve problem-solving skills—and discover the revolutionary hormone therapies and medications available to treat cognitive decline. Having helped thousands take control of their hormones to maintain the physical and sexual vitality of their twenties and thirties, Dr. Braverman now presents *Younger Brain, Sharper Mind*, a simple plan to help them protect and enhance youth's most prized possession: a vigorous, capable mind.

Book Information

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Customer Reviews

Eric R. Braverman, MD, is a professor of integrative medicine at Weill Cornell Medical College and the director of the PATH Medical Center and PATH Foundation. He appears frequently in national media. He lives in New York City.

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 creditable. 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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To A Younger Brain: An Innovative Program for a Better Memory and Sharper Mind
Boost Your Brain Power in 60 Seconds: The 4-Week Plan for a Sharper Mind, Better Memory, and Healthier

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