



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

By Dr Eric R Braverman

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. 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, 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.



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This published book is wonderful. It is one of the most incredible book we have go through. I realized this pdf from my i and dad advised this book to learn.

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