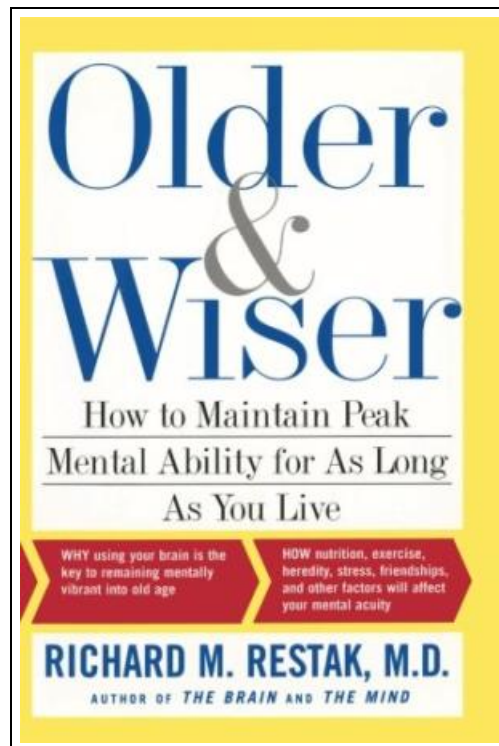


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Reviews

This written book is excellent. It really is rally fascinating throgh studying period. You are going to like the way the writer write this publication.

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SIMON SCHUSTER, United States, 2014. Paperback. Condition: New. Reprint. Language: English . Brand New Book ***** Print on Demand *****. Reassuring, upbeat, grounded in facts and studies. -- Publishers Weekly (starred review) Filled with specific advice and simple exercises, this groundbreaking guide from acclaimed neurologist Dr. Richard M. Restak draws on the latest scientific research to help maintain--and increase--brain power at any age. Contrary to common belief, the human brain does not necessarily deteriorate with age, but can work just as well, if not better than a young one. The key, says Dr. Restak, is keeping the brain active. His 30 practical suggestions offer a new and positive approach to mental fitness, by helping us to: * Improve memory * Reawaken intellectual curiosity * Understand the role of genetics and diet in staying mentally fit * Shatter the myths about Alzheimer s, strokes, insomnia, and depression * Explore the pros and cons of various drug treatments * Learn the ten secrets of successful aging * Maintain a stimulating social network * Expand the connections between neurons * Keep the brain operating at peak level.



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