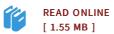




Spark: The Revolutionary New Science of Exercise and the Brain

By John J Ratey, Eric Hagerman

Little, Brown & Company. Paperback / softback. Condition: new. BRAND NEW, Spark: The Revolutionary New Science of Exercise and the Brain, John J Ratey, Eric Hagerman, Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: aerobic exercise physically remodels our brains for peak performance. In SPARK, John Ratey, MD embarks upon a fascinating journey through the mind-body connection, illustrating that exercise is truly our best defense against everything from depression to ADD to addiction to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, that has put the local school district of 19,000 kids first in the world of science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. It will change forever the way you think about your morning run.



Reviews

A brand new e book with an all new point of view. I have got read and i am sure that i am going to likely to read through once more once more in the future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Ms. Teagan Osinski III

Complete guideline for pdf fanatics. I could possibly comprehended everything out of this created e pdf. You can expect to like just how the writer compose this pdf.

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