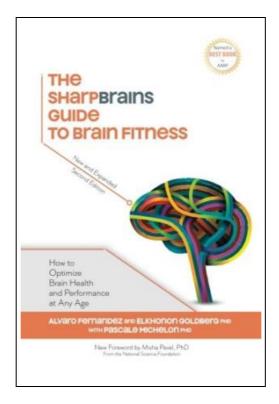
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Reviews

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THE SHARPBRAINS GUIDE TO BRAIN FITNESS: HOW TO OPTIMIZE BRAIN HEALTH AND PERFORMANCE AT ANY AGE (PAPERBACK)



Sharpbrains Incorporated, United States, 2014. Paperback. Condition: New. 2nd ed.. Language: English. Brand New Book ****** Print on Demand ******. Using charts, draw-ings, and up-to-date scien-tific stud-ies, they present the case that any brain, at any age, can change for the better. The authors sug-gest myr-iad activ-i-ties to help the process along. (This is) A stim-u-lat-ing, chal-leng-ing resource, full of solid infor-ma-tion and practical tips for improv-ing brain health. -Kirkus Reviews Modern life places extraordinary demands on our brains. Not only do we live longer than ever before, but we must constantly adapt to complex and rapidly evolving personal and professional realities. Yet, we often ignore our most precious resource to do so: our brain. The SharpBrains Guide to Brain Fitness cuts through the clutter of misconceptions, superficial and conflicting media coverage, and aggressive marketing claims, to help readers discover what really works, and what doesn t, to improve brain health and performance at any age, to delay or prevent cognitive decline, and become smarter consumers of both media coverage and scientific research in the process. With useful, pragmatic and personalized tips and suggestions that are easy to implement, the SharpBrains Guide offers a groundbreaking new approach for self-assessing current brain fitness needs and identifying the most relevant and evidence-based methods to preserve and enhance brain function throughout life. Whether your goal is to become more resilient, enhance memory, ward off Alzheimer's disease, or simply improve mental focus to perform better at work, this how-to guide shows you exactly how to use it or lose it. This new and much-expanded edition of the guide AARP named a Best Book on Brain Fitness combines a user-friendly tutorial on how the brain works with advice on how to choose and integrate lifestyle changes and research-based brain training. Featuring an independent analysis of...



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