



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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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**