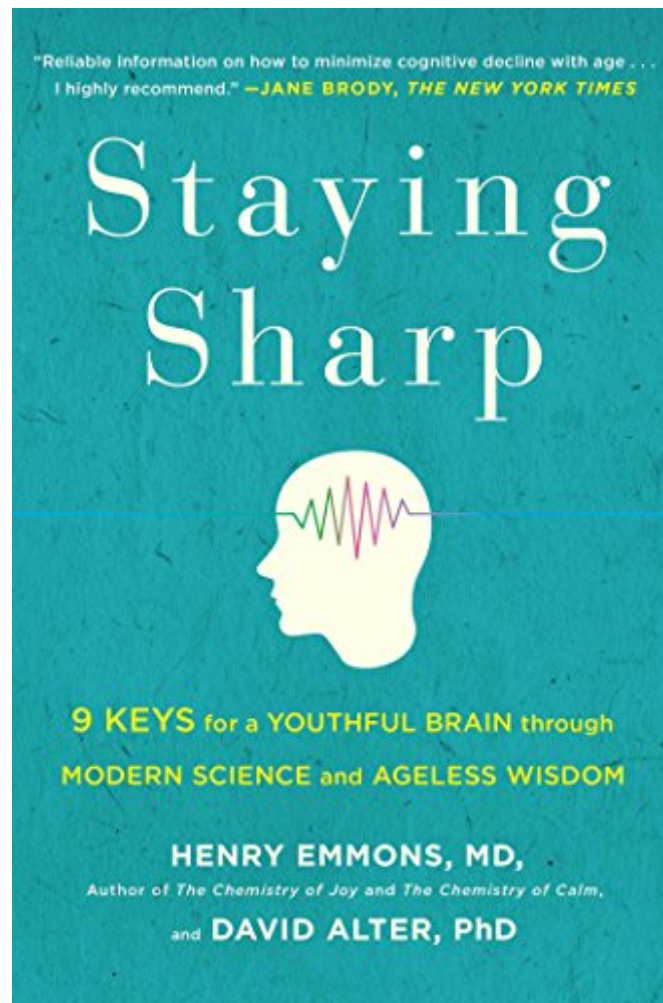


# Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom PDF



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Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom by Henry Emmons MD, David Alter PhD ISBN 1476758948

From the author of *The Chemistry of Joy* and *The Chemistry of Calm* comes a practical guidebook for building and maintaining a sharp, healthy, and vibrant mind.

A strong memory and a healthy brain aren't as difficult to maintain as one might think; combining the latest neuroscience research with age-old wisdom about resilience, mindfulness, and stress reduction, Drs. Henry Emmons and David Alter show that vibrant aging is within reach. Together they demonstrate how to blend the best of modern science and Eastern holistic medicine together

to form a powerful drug-free program to maintain a youthful mind and a happy life.

With more than fifty-five years of combined experience in the fields of neuroscience and psychiatry, Dr. Emmons and Dr. Alter have taken their expertise and translated the fundamentals of brain science into an easily accessible collection of the nine key lessons proven to preserve and strengthen mental acuity. Filled with easy to understand theories and practical exercises to work out your brain and mind, *Staying Sharp* provides you with a blueprint to live more joyfully, age more gracefully, and build intimacy in your relationships, no matter what your age.

## **Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom Review**

This Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom having great arrangement in word and layout, so you will not really feel uninterested in reading.