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Goodreads Author. Santiago Ramon y Cajal, E.O. Alvaro Fernandez runs SharpBrains, an independent market research firm and think tank tracking applied brain science. Named a Young Global Leader by the World Economic Forum, he has been quoted by The New York Times, The Wall Street Journal, CNN, and more.

Alvaro Fernandez (Author of The SharpBrains Guide to Brain ...

On Tuesday, February 7, at 7 p.m., the library will host local author Alvaro Fernandez as he discusses his book, The SharpBrains Guide to Brain Fitness: 18 Interviews with Scientists, Practical Advice, and Product Reviews to Keep Your Brain Sharp. The SharpBrains Guide to Brain Fitness has been ...

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Writing a book on the brain that is accessible to the general public is a daunting task. Writing a book that is accessible for the general public and useful for students of the brain sciences is even more challenging. I am happy to say the task has been completed with success. The SharpBrains Guide To Brain Fitness is that book!

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