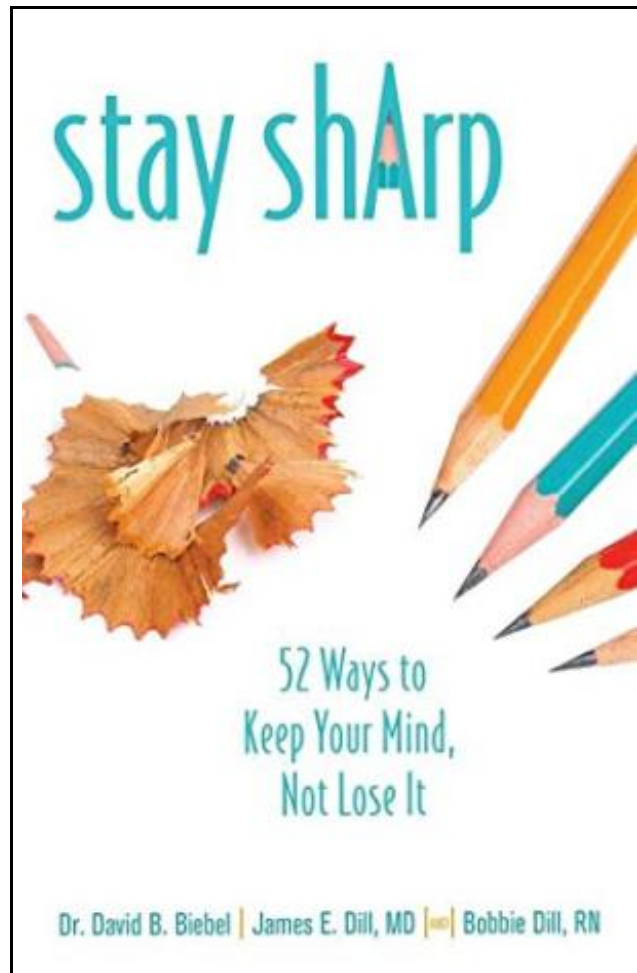


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STAY SHARP: 52 WAYS TO KEEP YOUR MIND, NOT LOSE IT



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Healthy Life Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Stay Sharp: 52 Ways to Keep Your Mind, Not Lose It is your once-a-week journey into the intricacies of the human brain - how it functions best, how to keep it healthy, how its health relates to your health in general, and the role of relationships and spirituality and other subjects not often discussed in a book on this subject. This book will help you cut through the fog of hype and overstatement out there about brain health, often intended to try to sell you something. Chapters are short, with practical suggestions, relevant to each chapter's topic, in the form of Sharper Brain Tips. Chapters are designed to stand alone, so you can focus on one per week if you wish, ignore some occasional informational overlap, and start anywhere you wish, because topics are arranged in no particular order. Who might benefit from the facts and principles presented in Stay Sharp? Laypeople of faith, who want to improve their brain functioning and/or keep it from deteriorating. The book reads like a Readers Digest collection of the most relevant, reliable, and biblically sound information on the subject. Medical professionals who welcome help in explaining the subject matter of this book in such a way that their patients are encouraged to continue if they are doing well, or motivated and informed regarding how to improve without delay or excuses. Parents, including homeschoolers, who wish to have a faith-based conversation or to conduct a unit study with their children on a crucial subject related to healthy living. Students, high school and college, who want to gain a basic overview of the subject. You ll learn about: 7 Pillars...



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