



Brainpower: Tools and Tips for Mental Sharpness, Improved Memory, and a Better Life?no Matter How Old You Are (Paperback)

By Chris E Stout, Dr Chris E Stout Psyd

Createspace, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. As we live longer, our biggest concern will be the health of our minds. We can always use a wheelchair, but life s not much use if you don t know where to wheel yourself. BrainPower provides provocative insights and action steps to keep us firing on all cylinders. Dr. Mehmet Oz, MD, MBA, FACS BrainPower is a truly remarkable, must needed effort, (this book is) a formidable weapon against cognitive/memory affecting scourges like Alzheimer s Disease or other dementias, as well as disorders resulting in severe learning difficulties in our children. Dr. Ronald F. Levant, EdD, ABPP, MBA BrainPower is. An engaging, scientifically based, yet highly practical approach describing what we can do for ourselves and our loved ones, as our Nation s population steadily matures. Oftentimes confusing medical jargon is straightforwardly explained with useful and understandable advice proffered. Suggestions for daily exercises and dietary modifications are especially helpful. Dr. Patrick DeLeon, PhD, JD, MBA BrainPower pulls together all the very latest advances in the science of keeping well, integrating knowledge from a huge range of...



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