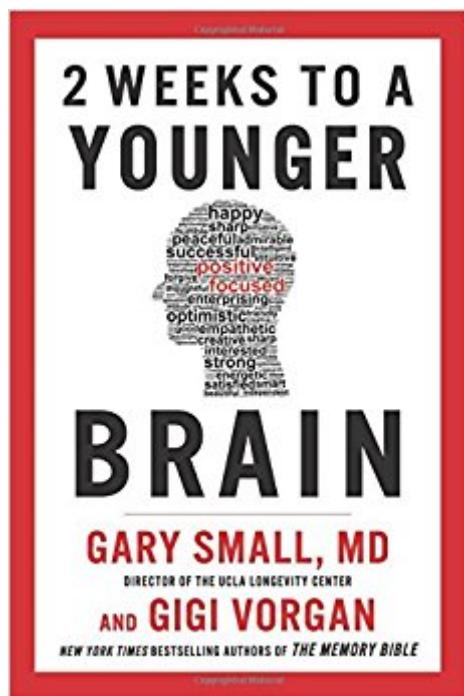


The book was found

2 Weeks To A Younger Brain



Synopsis

Misplacing your keys, forgetting someone's name at a party, or coming home from the market without the most important item • these are just some of the many common memory slips we all experience from time to time. But such cognitive lapses don't just plague middle-agers and seniors; UCLA studies indicate that forgetfulness begins much earlier in life. Scientists can detect subtle changes in the brain that coincide with mental decline by the time we reach age 40, and our findings show that people as young as 20 already have memory problems. Dr. Gary Small and Gigi Vorgan's *2 Weeks To A Younger Brain* translates the latest brain science into practical strategies and exercises that yield quick and long-lasting benefits. It will not only improve your memory, but will also strengthen your physical health by reducing your risk for diabetes, heart disease, and stroke. The latest research confirms that there is a lot we can do to boost our memory and keep our brains young. After three decades of helping thousands of patients improve their memory and mental acuity, Dr. Small and Gorgan are convinced that our daily lifestyle habits are directly linked to our brain health. This book will show that it only takes two weeks to form new habits that bolster cognitive abilities and help stave off, or even reverse, brain aging. If you commit only 14 days to *2 Weeks To A Younger Brain*, you will reap noticeable results. During that brief period, you will have learned the secrets to keeping your brain young for the rest of your life.

Book Information

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Nervous System

Customer Reviews

Dr. Small's ability to translate scientific breakthroughs into practical strategies

helps us all protect our brain health. This book is a must-read for boosting memory and optimizing brain power. • P. Murali Doraiswamy, MD, Senior Fellow, Duke University Center for the Study of Aging and co-author of The Alzheimer's Action Plan "Gary Small is the expert to listen to if you're concerned about your memory." • Jerome Yesavage, MD, Stanford University School of Medicine

"Dr. Small's ability to translate scientific breakthroughs into practical strategies helps us all protect our brain health. This book is a must-read for boosting memory and optimizing brain power." • P. Murali Doriaswamy, MD, senior fellow at Duke University Center for the Study of Aging and co-author of The Alzheimer's Action Plan "Gary Small is the expert to listen to if you're concerned about your memory." • Jerome Yesavage, MD, Stanford University School of Medicine

Dr. Small's message is clear, you can do things to improve your cognitive ability. The science, practical tips, and a few puzzles to boot.

I was really disappointed in this book. I was looking for more direction. There is too much hype. Not enough material in the book to keep my interest. I've just archived it.

This book was intriguing! The exercises helped it's a definite read for those who want to feel sharper! well written & easy to understand

Great book. Very informative and it works.

Common sense simple changes in habits can be productive

One of several books on the subject of improving your brain and stopping dementia, and this was a welcome update. Lots of helpful comments and ideas.

Just repeating facts that are everywhere. Just general information.

A great read, still reading and learning-----

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