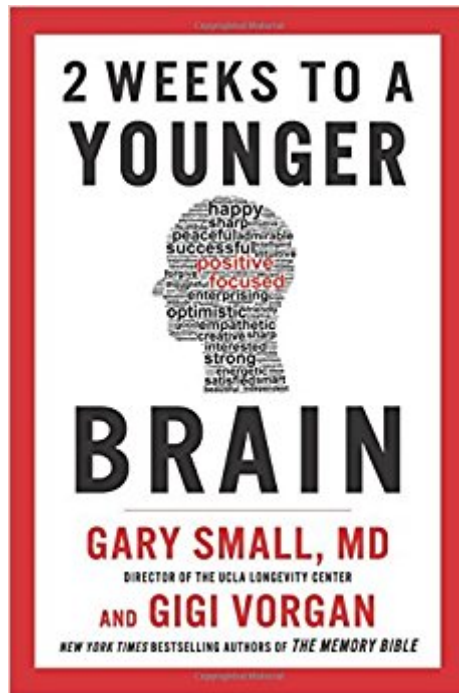




The book was found

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

Hardcover: 308 pages

Publisher: Humanix Books (April 14, 2015)

Language: English

ISBN-10: 1630060305

ISBN-13: 978-1630060305

Product Dimensions: 6.1 x 0.9 x 9.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 49 customer reviews

Best Sellers Rank: #206,540 in Books (See Top 100 in Books) #116 in Books > Health,

Fitness & Dieting > Mental Health > Dementia #148 in Books > Self-Help > Memory

Improvement #191 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

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."#151;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."#151;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."#151;P. Murali Doraiswamy, 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."#151;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-----

[Download to continue reading...](#)

Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger 2 Weeks To A Younger Brain: An Innovative Program for a Better Memory and Sharper Mind 2 Weeks to a Younger Brain Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from Americas Brain Doctor Ten Years Younger In A Weekend (Beauty And Fashion Secrets To Look Younger Naturally Book 1) How to Look Younger - Get Rid of Eye Wrinkles, Drooping Cheeks and Sagging Jowls Naturally: Six Easy Steps (How to Look Younger - Anti Aging Techniques That Work Book 1) 10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day (Health & Beauty Series Book 3) 10 Years Younger in 10 Weeks (Your Best Self) Fit Over 40 Challenge: Six Weeks to Lose Fat, Build Muscle and Feel 20 Years Younger Dr. Denese's Secrets for Ageless Skin: Younger Skin in 8 Weeks Atkins Diet: 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your Life 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your ... (Including 60 Very Best Atkins Diet Recipes) Paleo Diet: 4 Weeks To Rapid Weight Loss, Strongest Energy And Upgrade Your Life: Lose Up To 30 Pounds In 4 Weeks(Including The Very BEST Fat Loss Recipes - FAT BOOTCAMP) THE LUPUS SCANDAL!! HOW A HORRIFYING DISEASE CAN BE EASILY CURED IN 7 WEEKS WEEKS WITH HIGH DOSES OF VITAMIN D3 4 Weeks of Fabulous Paleolithic Breakfasts (4 Weeks of Fabulous Paleo Recipes Book 1) Brain GamesÃÂÂ #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) 100+ Word Fill In Puzzle Book For Adults: The French Style Brain Teaser Crossword Puzzles With Fill In Words Puzzles for Total Brain Workout! (A Total Brain Workout Series) (Volume 1) Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)