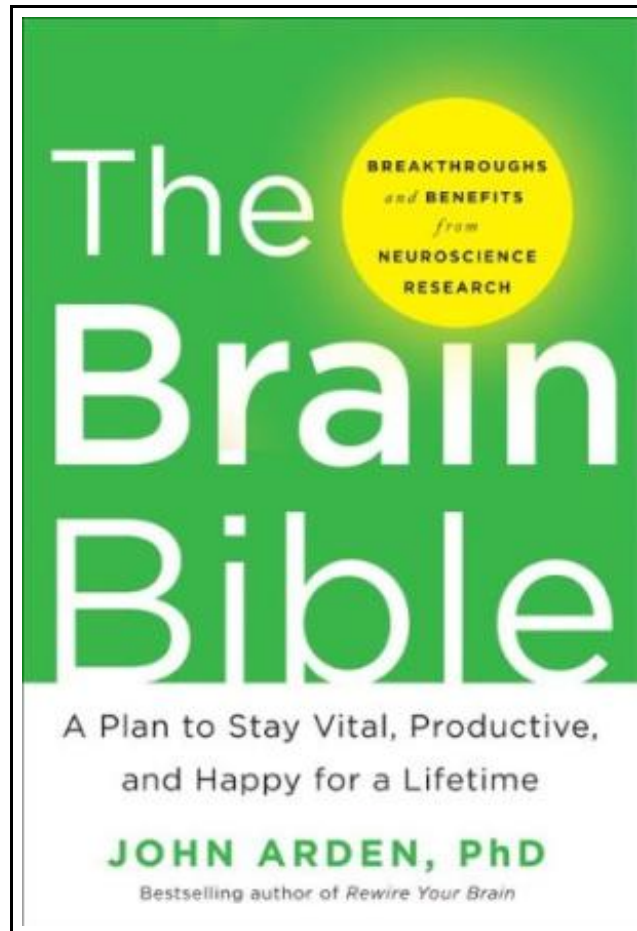


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McGraw-Hill Education - Europe, United States, 2014. Hardback. Book Condition: New. 230 x 148 mm. Language: English . Brand New Book. The real path to brain health - based on cutting-edge brain science. Let s face it: you want to keep your brain in great shape. But how do you sift through the clutter of information and media coverage in order to find the facts? The Brain Bible One of today s leading experts on brain health, Dr. John Arden tells it straight: There is no single remedy for maintaining sharp mindedness into old age. But there are a lot of things you can do that, over the course of time, will work wonders. It s not about adding one activity or breaking one habit - it s about making many small, simple changes in your everyday routine. Dr. Arden culls the latest findings in neuroscience, cognitive psychology, gerontology, and many other sciences and puts them all together into a smart, actionable, science-based plan. Basing his conclusions on cutting-edge research, Dr. Arden has broken down the vast amount of confusing and sometimes conflicting brain data into the five crucial Brain Bible factors you need to be mindful of: Education - Read and keep your brain active; Diet - What you eat and drink directly affects your brain health; Exercise - Starting a fitness routine is simpler than you think; Relationships - The love of friends and family has a strong healing power; Sleep - Get enough but not too much sleep Here are just a few samples of Dr. Arden s tips for improving your brain health: Drink water even when you re not thirsty; Take the stairs instead of the elevator; Laugh a lot; Don t drink alcohol before going to bed; and Eat fish at least twice a...

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