



The Brain Training Revolution: A Proven Workout for Healthy Brain Aging (Mixed media product)

By Paul E Bendheim

Sourcebooks, Inc, United States, 2012. Mixed media product. Book Condition: New. 221 x 142 mm. Language: English . Brand New Book. REGAIN, RETRAIN, AND MAINTAIN YOUR BRAIN Help Prevent Memory Loss - Increase Brain Agility - Reduce Risk of Alzheimer s Because memory loss is the number one health concern of Americans over forty-five, The Brain Training Revolution is a valuable weapon on the battleground of aging. You have the power to grow and strengthen your brain, minimize the severity of age-associated memory lapses, and reduce your risk of Alzheimer s disease. You can greatly influence the vitality of your brain. You can guard against brain disease. It s never too late to start the Brain Training Revolution, and the scientific evidence is clear-you will feel better and your body and brain will benefit. You ll find out more about: 1 What to expect as your brain gets older 2. How to boost your brain s performance in midlife and beyond while combating normal age-associated memory loss 3. How to protect and strengthen the memory maker in your brain, the small sea horse-shaped structure called the hippocampus 4. How modest lifestyle adjustments can make a huge difference 10 maintaining a...



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