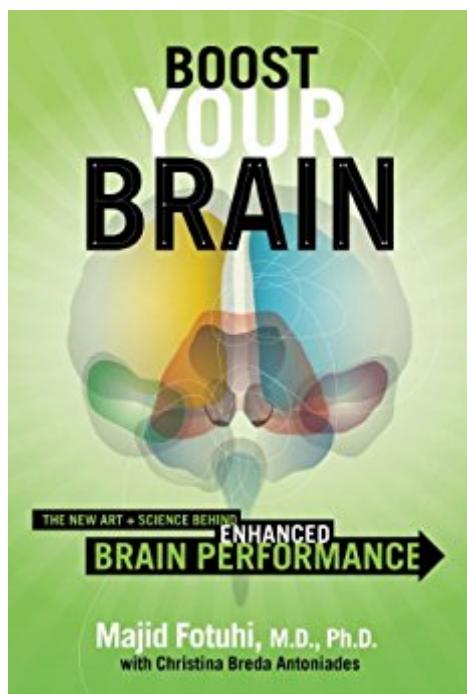


The book was found

Boost Your Brain: The New Art And Science Behind Enhanced Brain Performance



Synopsis

Based on cutting-edge science, Boost Your Brain is internationally recognized neurologist Majid Fotuhi's complete program for increasing brain size and enhancing brain function, including memory, creativity, comprehension, and concentration. Our brains don't have to decline as we get older, argues Dr. Fotuhi. Depending on the things we do or neglect to do, we can actually get smarter and measurably improve our brain speed. In Boost Your Brain, the founder of the NeurExpand Brain Center and host of the PBS series *Fight Alzheimer's* Early offers a three-month brain-optimization program with noticeable results in just a few weeks. Boost Your Brain explores the very latest neuroscience research and offers actionable, authoritative advice on how readers of every age can experience the benefits of a bigger, better brain. Featuring more than two dozen black-and-white illustrations, Boost Your Brain: The New Art and Science Behind Enhanced Brain Performance includes a foreword by Michael Roizen, M.D., coauthor of the bestselling *YOU* series and author of the *Real Age* books.

Book Information

File Size: 4904 KB

Print Length: 304 pages

Publisher: HarperOne; Reprint edition (October 1, 2013)

Publication Date: October 1, 2013

Sold by: HarperCollins Publishers

Language: English

ASIN: B00BATIK34

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #116,445 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #49

in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Memory Improvement #85

in Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Neurology >

Neuroscience #122 in Books > Self-Help > Memory Improvement

Customer Reviews

As an aging baby boomer and physician, I am naturally concerned about what seems to be the

unavoidable decline in my memory and cognitive function. On a daily basis in my practice, I deal with dementia or patients' fears about developing dementia. It would be an understatement to say that I have been surprised and excited to learn that I cannot only halt the decay in my brain function, but actually improve it. *Boost Your Brain* by Dr. Majid Fotuhi reviews the newest discoveries concerning neuroplasticity, the ability to grow and mold the brain for the better. He does this in very readable manner and also gives one a game plan to mold their own brain into a larger and better organ. The initial portion of *Boost Your Brain* discusses basic brain anatomy by comparing the brain to a city with various neighborhoods along with streets and highways. We can either allow our city to deteriorate over time or take active steps to keep it strong and improved. Dr. Fotuhi reviews these steps and the science behind them including methods to optimize nutrition (including potential helpful supplements) and tools to reduce stress in our lives. Instructions are also given on proper exercise and memory tricks and techniques. At the end of each chapter, Dr. Fotuhi gives a game plan to incorporate these activities into our own lives. In the next section of the book, Dr. Fotuhi discusses the problems which can exacerbate the usual shrinkage which accompanies aging including obesity, poor sleep, depression, strokes, and head trauma and what can be done to modify these pitfalls. I enjoyed *Boost Your Brain* and plan to make changes in my own lifestyle to help "grow my brain". As a physician, I highly recommend this book to everyone looking to optimize their brain health.

I have rated *Boost Your Brain* 5 stars as I want as many people to consume the information as possible. It is well documented and provides proof of the connection between living a healthy lifestyle and a healthy brain particularly as we age.

I haven't finished the book yet but I do like it very much. Gives hope and practical exercises for brain function improvement for all ages and how to prevent brain deterioration while traditional medicine has nothing to offer. A very important book in the age of exploding Alzheimer's and other dementias

I have not read the whole book, but it is based on an extensive program developed by the author to increase brain function. He conducts several pre-program assessment tests on his patients. These are expensive and extensive medical tests. Without this, his program is difficult for the reader to replicate. The book is of value if you wish to understand how the brain works and how you can keep it in functioning order through older age.

Excellent book thus far. It has really opened my mind to the importance of our daily lives in the health and vitality of the brain. I love how he intertwines his personal stories as a doctor with the basis of the book. Very intriguing and interesting!

This is the book I've been searching for but never finding until now. If you ever wanted to know why your memory isn't what it was before and wanted to do something to make it better, than you've found the answer. This includes the same 12 week program that they teach in the Dr's memory centers in Maryland. What shrinks your brain what grows it. This isn't just someone making things up to make money. The back of the book has all the references to all the medical studies that are quoted in the book. The only thing stopping you from helping your brain as you age is YOU!

Very good and useful information that documents how the right lifestyle can help regrow and improve your brain and memory. I am hoping this works but have not gotten far enough along to find out.

Interesting collection of data - a good place to start if you are looking for memory enhancement.

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