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A Sharp Brain for Life (Hardback)

By -

Reader s Digest (Australia) Pty Ltd, Australia, 2016. Hardback. Book Condition: New. 254 x 197 mm. Language: English . Brand New Book. Sunglasses lost again? That important appointment forgotten? Names, phone numbers, facts, suddenly vanished from your brain? No, you re not losing your mind. And yes, you can reverse the decline - if you start today to care better for your brain. Here, discover foods, lifestyle changes, supplements, activities and strategies that science shows can best strengthen and protect your brain power as you age. Plus fun exercises to help you improve memory, focus and reasoning skills in just minutes a day. Use the seven vaccines against mental decline. Find the research-proven tricks for plugging the five primary brain drains . Keeping your wits sharp and your memory clear is much easier than you think. * Shows you how to maximise the five powerful brain boosters - diet, exercise, social connections, learning, sleep. * Features the brain fitness programme that will increase your brain power in minutes a day. * Includes puzzles, quizzes, tips and tricks aimed to produce brain-boosting results. * Provides strategies to improve your attention and focus; boost your memory and processing speed; fine-tune your verbal,...



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