



## Stay Sharp with the Mind Doctor: Practical Strategies to Boost Your Brain Power

By Ian Robertson

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Stay Sharp with the Mind Doctor: Practical Strategies to Boost Your Brain Power, Ian Robertson, A simple and fun mind workout that will give you the mental sharpness of someone 10 years younger. New research in neuroscience - the study of mind-brain function - has proved that, just as physical health and fitness can be transformed by diet and exercise, so your brain can be tuned to maximum sharpness. It is also possible to avoid, and even reverse, the effects of mental aging. Key discoveries include: -Exercise actually grows your brain and improves your memory -The foods and vitamins that make you sharper -Use your brain if you don't want to lose it -Unstress your brain - it doesn't like it.



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