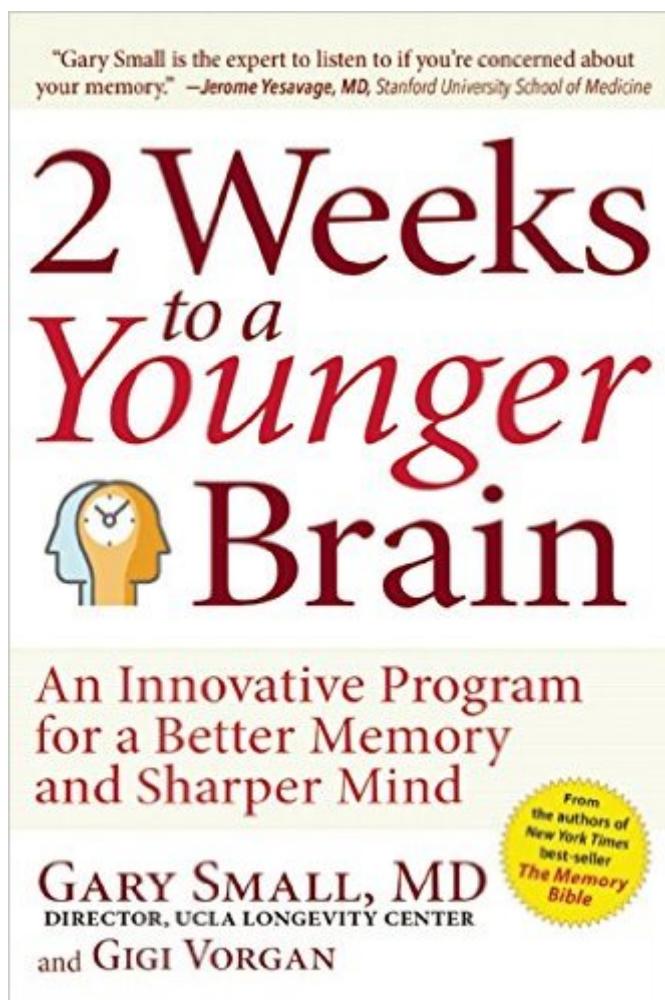


The book was found

2 Weeks To A Younger Brain: An Innovative Program For A Better Memory And Sharper Mind



Synopsis

Misplacing your keys, forgetting someoneâ™s name at a party, or coming home from the market without the most important item — these are just some of the many common memory slips we all experience from time to time. But such cognitive lapses donâ™t just plague middle-agers and seniors; UCLA studies indicate that forgetfulness begins much earlier in life. Scientists can detect subtle changes in the brain that coincide with mental decline by the time we reach age 40, and our findings show that people as young as 20 already have memory problems. Dr. Gary Small and Gigi Vorganâ™s *2 Weeks To A Younger Brain* translates the latest brain science into practical strategies and exercises that yield quick and long- lasting benefits. It will not only improve your memory, but will also strengthen your physical health by reducing your risk for diabetes, heart disease, and stroke. The latest research confirms that there is a lot we can do to boost our memory and keep our brains young. After three decades of helping thousands of patients improve their memory and mental acuity, Dr. Small and Gorgan are convinced that our daily lifestyle habits are directly linked to our brain health. This book will show that it only takes two weeks to form new habits that bolster cognitive abilities and help stave off, or even reverse, brain aging. If you commit only 14 days to *2 Weeks To A Younger Brain*, you will reap noticeable results. During that brief period, you will have learned the secrets to keeping your brain young for the rest of your life.

Book Information

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Customer Reviews

The cover of the book got my attention â“ I mean, who wouldnâ™t want a younger brain, right? But in just 2 weeks? I was skeptical but within the first few pages I was so drawn in by the new science

on brain health that I stopped worrying how quickly my brain was going to get younger and just read the book straight through. I was amazed at how much lifestyle and behavior affects memory and mental ability. I loved the case histories and stories, and would have liked to have more of those. After doing the two-week program, my memory really is better than it used to be. Dr. Smallâ™s strategies helped me and Iâ™m giving a copy to my college-age daughter so she can have this information early on in life. This is one of the most interesting and helpful self-help books Iâ™ve read. I highly recommend it.

This book was intriguingâ | The exercises helped it's a definite read for those who want to feel sharper! well written & easy to understand

Nutritional info is very outdated. I quit reading when he said coconut oil causes heart attacks. Good info on mind games.

Too much of a rehash of all the other books out there.

I was really disappointed in this book. I was looking for more direction. There is to much hype. Not enough material in the book to keep my interest. I've just archived it.

Pretty much what you will find in most books on memory improvement. Being an MD, Dr Small contributes medical credit to his suggestions and they seem sound to me. At the end he has a 2 week program for what to eat, For each day there are physical fitness exercises as well as for stress management and brain training. I am senior citizen and they just did not appeal to me. Sorry Dr. Small

[...]The link to the guys 'free' book offer..you just pay shipping and handling \$4.95 with the bonus of 'free' 3 month subscription to his newsletter. Yes you need to cancel before the 3 month free trial runs out...but I imagine if you read the book you will 'remember' to do so... ;-) or just do it as soon as you get the first issue...it's a NO BRAINER.. The book is actually very interesting... personally I have 'Peak' and 'Elevate' downloaded on my cell phone. 'Brain games' that are a free download, on Google play store. You can upgrade to Pro if you want to play all the games offered instead of them doling them out slowly as you progress, but if you play you can still go up levels and eventually try new games. Worth it if you don't want to either pay \$\$ upfront, or a monthly fee....Lumosity is the

same way.

One of several books on the subject of improving your brain and stopping dementia, and this was a welcome update. Lots of helpful comments and ideas.

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