



The Healthy Brain Kit: Clinically Proven Tools to Boost Your Memory, Sharpen Your Mind, and Keep Your Brain Young

By Andrew Weil



Sounds True, Incorporated. No binding. Book Condition: New. Cards. 52 pages. Dimensions: 9.3in. x 5.4in. x 1.3in. You exercise your body to keep it in peak performance--but what about your brain? At UCLA, Dr. Gary Small is proving that you can boost memory, sharpen concentration, enhance verbal fluency, and more--in less than two weeks. Now, with The Healthy Brain Kit, Dr. Small teams up with internationally renowned physician Dr. Andrew Weil to offer a complete program of tools and teachings for increasing your brain power immediately. This information-packed kit includes: - 2 CDs spotlighting the secrets of the brain and its remarkable abilities, plus Dr. Small's favorite mental aerobics exercises - 54-page study guide with breakthrough nutrition and lifestyle recommendations from Dr. Weil for keeping your brain healthy and mind sharp for life - 35 brain-training cards offering tricks, tips, and teasers to enhance brain fitness anytime, anywhere Whether you're concerned about memory loss, poor concentration, or enhancing your creativity, or you simply want to regain that cognitive edge of your youth, The Healthy Brain Kit gives you the most essential skills for keeping your brain in optimum shape today, and in the years ahead. Two world-renowned physicians and authors offer...



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