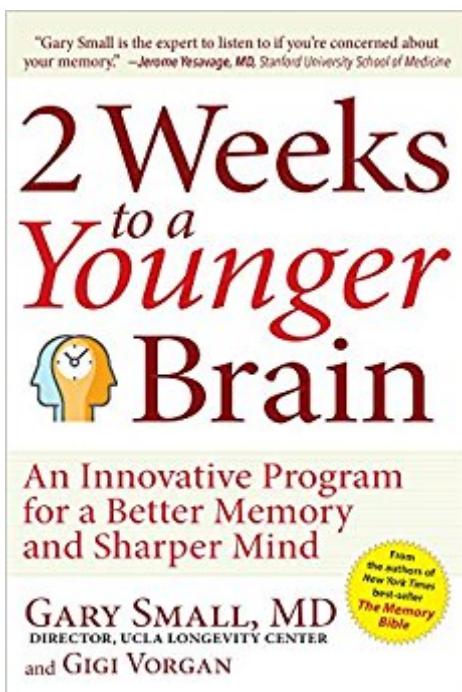


The book was found

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



Synopsis

Misplacing your keys, forgetting someone'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 don'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 Vorgan'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

Paperback: 312 pages

Publisher: Humanix Books; Reprint edition (April 12, 2016)

Language: English

ISBN-10: 1630060577

ISBN-13: 978-1630060572

Product Dimensions: 6 x 0.9 x 8.8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 49 customer reviews

Best Sellers Rank: #27,800 in Books (See Top 100 in Books) #23 in Books > Health, Fitness & Dieting > Mental Health > Dementia #25 in Books > Self-Help > Memory Improvement #36 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

Customer Reviews

Dr. Small's ability to translate scientific breakthroughs into practical strategies

helps us all protect our brain health. This book is a must-read for boosting memory and optimizing brain power. P. Murali Doraiswamy, MD, Senior Fellow, Duke University Center for the Study of Aging and co-author of The Alzheimer's Action Plan "Gary Small is the expert to listen to if you're concerned about your memory." Jerome Yesavage, MD, Stanford University School of Medicine --This text refers to an out of print or unavailable edition of this title.

"Dr. Small's ability to translate scientific breakthroughs into practical strategies helps us all protect our brain health. This book is a must-read for boosting memory and optimizing brain power." P. Murali Doriaswamy, MD, senior fellow at Duke University Center for the Study of Aging and co-author of The Alzheimer's Action Plan "Gary Small is the expert to listen to if you're concerned about your memory." Jerome Yesavage, MD, Stanford University School of Medicine

Dr. Small's message is clear, you can do things to improve your cognitive ability. The science, practical tips, and a few puzzles to boot.

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

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

Great book. Very informative and it works.

Common sense simple changes in habits can be productive

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.

Just repeating facts that are everywhere. Just general information.

A great read, still reading and learning-----

[Download to continue reading...](#)

2 Weeks To A Younger Brain: An Innovative Program for a Better Memory and Sharper Mind
Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from Americas Brain Doctor Boost Your Brain Power in 60 Seconds: The 4-Week Plan for a Sharper Mind, Better Memory, and Healthier Brain Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Memory Training: Train your brain to improve your memory (Unlimited Memory, Mental Health, Memory Techniques, Education & Reference, Study Skills, Memory Improvement Book 1) Better Memory Now: Memory Training Tips to Creatively Learn Anything Quickly, Improve Memory, & Ability to Focus for Students, Professionals, and Everyone Else who wants Memory Improvement Memory Repair Protocol - Improve Your Memory: Powerful Strategies To Enhance Your Memory - The Ultimate Guide to Unleash Your Brain's Potential (memory loss Book 1) Computer Memory: Develop A Computer Like Memory In 5 Minutes A Day (Think Faster, Smarter, Sharper) Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) Atkins Diet: 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your Life4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your ... (Including 60 Very Best Atkins Diet Recipes) Memory: Boost Your Memory with Easy Exercises - Improve Your Mental Focus in Everyday Life (FREE BONUS INCLUDED) (Improve memory, improving memory, remembering more, productivity improvement) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power 2 Weeks to a Younger Brain The Better Brain Book: The Best Tool for Improving Memory and Sharpness and Preventing Aging of the Brain Think and Eat Yourself Smart: A Neuroscientific Approach to a Sharper Mind and Healthier Life Eat Weird. Be Normal.: Med Free Brain Diet & Cookbook for Bipolar, Memory & Everyone who wants a Better Brain (Med Free Method Book Series 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)