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Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from Americas Brain Doctor

Eric R. Braverman

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No one can avoid gray hair and wrinkles, but what about preventing the brain from aging? Dr. Eric Braverman, "America's Brain Doctor" and best-selling author has created a simple, science-based plan that can help prevent the worst mental side effects of aging: memory loss, cognitive decline, and mood changes.

Dr. Braverman distills 35 years of research and clinical experience into a 6-step program that helps spur neurogenesis: growing new brain cells as one ages. By following the plan, readers can self-detect cognitive decline, reverse it, and boost the brain's power and speed.

In *Younger Brain, Sharper Mind*, listeners will discover:

- The Braverman Brain Advantage Test - a fast and simple way to assess attention span, memory, and cognitive function
- Special foods scientifically proven to support brain function
- A comprehensive set of exercises - for both body and brain - designed to keep readers healthy and functioning at a high level even as the years go by

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