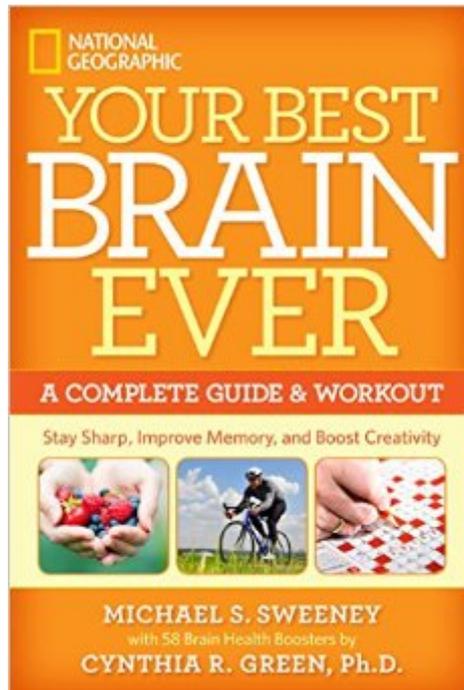


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# Your Best Brain Ever: A Complete Guide And Workout



## Synopsis

National Geographic presents a comprehensive guide to fighting mental decline. With cutting-edge neuroscience, information about Alzheimer's, fascinating case studies, and tips to fight brain aging symptoms such as slower mental acuity and "senior moments," this smart, engaging guide will help keep your memory sharp and your mind active. Fun, age-defying exercises--from body stretches to word games to foods that help you think--help the brain perform at its best, just like exercising does for other parts of the body. Leading memory loss expert Cynthia R. Green, PhD, and eminent science writer Michael Sweeney have created a book both informational and practical that gives readers everything they need to know about the care and feeding of one of the body's most important organs: the brain.

## Book Information

Paperback: 240 pages

Publisher: National Geographic; 1 edition (December 31, 2013)

Language: English

ISBN-10: 1426211708

ISBN-13: 978-1426211706

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (37 customer reviews)

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## Customer Reviews

This book tells how one's brain works, ages and can be exercised into possibly working like a younger, better brain. As the US baby boomers approach or are in their retirement years, I suspect that wanting a younger brain and staving off Alzheimer's Disease is important to many of them, including me. I don't know if brain games will keep Alzheimer's from getting its terrible grip on me, but I have gained some real benefit from this book. This is two separate books in one. One is a book on the brain by Michael Sweeney and the second is a series of simple brain exercises called "Brain Health Boosters," and was written by Cynthia Green, Ph.D Both work together nicely. Most start very simply and then get harder. The simple exercises were confusing at first, because the text of the book gets right into it, using terms and describing concepts that are much more difficult than the

exercises. Eventually, it all evens out. But back to the major league benefit I've gotten from the book: I have a brain injury, caused by a speeding 18-wheel truck squashing my car (with me behind the wheel) about 30 years ago. Since then, I've had intermittent problems trying to "get that word off the tip of my tongue and out already." It has improved from when I was first hurt, and I no longer stutter when I "lose the word," but standing there silently while you try your damndest to get a word out isn't a whole lot better. I've been doing the exercises in the book for only a week, and the number of episodes has decreased enough that my family has noticed. It's not like the exercises in the book are horrible, either.

...Especially because I've been diagnosed with 'Early Advent Alzheimer's" I feel both my cognitive and recall abilities are not so sharp any more. I have been reading up on ways to slow my fall into oblivion. The most prevalent preventative advice is to exercise my mind. The trick is that I can't keep working the same kinds of puzzles and games and books and suchlike. So I look for fresh mind challenges. So I grabbed YOUR BEST BRAIN EVER BY Michael S. Sweeney, with 58 Brain Health Boosters by CYNTHIA R. GREEN, Ph.D. Of course I looked up Dr. Green, she's a star at Mount Sinai School of Medicine. She's for real. By chance, when I lived in L.A, 'my' hospital was Cedars Sinai. I trust any institution with Sinai in its name. I checked the other (primary, actually) author, Michael S. Sweeney; he's also a Ph.D, but in Journalism; he's done a number of very-well received books with other brain/neurological stars. So, five stars for credentials and prior successes. I'm mostly through the book and I believe on my way to significant progress. Hope it keeps on keeping on. One thing though. I get (very) mild headaches when I do the exercises. My long-time neurologist say that's good, as it signifies brain sections and synapses are growing. And I haven't even gotten to those MVP (Most Valuable Prescriptions I guess) meds. Anyway I dove into the book, was impressed. It's clear, concise and per my experience in brain-care, right on. And then some. As it's the most recent book of its kind, just out last year, YBBE is probably clinically ahead too. Like its cover says, it's a complete guide & workout. The guide covers nature elements to battle fading minds like mine, from causes to coping and delaying mind melts.

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