# The Brain Fix: What s the Matter with Your Gray Matter: Improve Your Memory, Moods, and Mind (Paperback)



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#### Reviews

This book can be worth a read, and far better than other. I could comprehended every little thing using this published e pdf. You can expect to like how the blogger publish this pdf. (Rylee Funk)

## THE BRAIN FIX: WHAT S THE MATTER WITH YOUR GRAY MATTER: IMPROVE YOUR MEMORY, MOODS, AND MIND (PAPERBACK)



HEALTH COMMUNICATIONS, United States, 2012. Paperback. Condition: New. New. Language: English . Brand New Book. Do you feel anxious, frazzled, or fatigued? Are you struggling with addiction, attention deficits, depression, or compulsive behaviors? Could your mind or memory be sharper? If so, these are tell-tale signs that your brain could use a tune-up. Fortunately, as author Ralph Carson explains, the brain is a very forgiving organ, and in this compelling guide, he reveals the many ways we can heal our brains from the assaults of everyday life and avoid specific situations that injure brain health. With a prescriptive blend of science, personal anecdotes, and advice, Carson shares what he has gleaned on the front lines, helping thousands of people overcome brain-based conditions and mood disorders including ADD, anxiety, depression, psychological trauma, and more. In The Brain Fix, Carson reveals an arsenal of proven tools and techniques that help regenerate new cells and connections in the brain. He shares a myriad of simple changes to make in your environment, diet, sleep habits, exercise routines, and emotional life that will yield both immediate and long-term changes to your brain. Carson s desire to learn about the brain was deeply personal: When he was a teenager, his mother died unexpectedly from a cerebral hemorrhage at forty-four; his grandmother was diagnosed with dementia in her early sixties; and his sister died from a rare form of brain cancer in her fifties. In this illuminating and empowering guide, Carson reveals why--and how--we should give rightful attention to the body s most complex organ with essential advice for bettering your brain. You II discover: How to rewrite your genetic blueprint when it comes to decision making, impulse control, creativity, and mood stabilization: Although genetics play a key role in individual susceptibility, vulnerability, and capacity to heal...

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