



Canyon Ranch s 30 Days to a Better Brain (Hardback)

By Richard Carmona

SIMON SCHUSTER, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. The essential, must-have guide to staying sharp and mentally active--from a former Surgeon General and the experts at Canyon Ranch. When it comes to aging, most of us understand how to keep our bodies healthy and fit, but few of us know where to begin when it comes to taking care of our brains. Do you want to improve your memory, sharpen your thinking, increase your attention span, and boost your mental energy? If so, Dr. Richard Carmon provides all the information you need--including healthy living tips, step-by-step exercises, recipes, and a thirty-day program for maximizing your brain function. Synthesizing the cognitive science behind memory, sleep, stress, and addiction, Canyon Ranch s 30 Days to a Better Brain is the definitive guide to caring for your brain, whether you re approaching your elder years or still in your quarter-life crisis. Guiding you through the anatomy of the aging brain, how stress and toxins affect your mind, and the importance of sleep, Dr. Carmona lays out a thirty-day nutrition, exercise, and medical plan to help you achieve optimal brain health. You ll also find answers to all...



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