



Use Your Brain to Change Your Age: Secrets to Look, Feel and Think Younger Every Day

By Daniel G. Amen

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Use Your Brain to Change Your Age: Secrets to Look, Feel and Think Younger Every Day, Daniel G. Amen, A healthy brain is the key to living longer and looking younger. In Use Your Brain to Change Your Age, clinical neuroscientist and bestselling author Dr Daniel G. Amen shares simple steps to boost your brain, helping you to look, feel and think younger. Based on the approach that has helped thousands of people at the Amen Clinics and the most up-to-date research collected from over 70,000 brain scans, Dr Amen's breakthrough programme leads you through ten simple anti-aging steps that will also dramatically decrease the risk for Alzheimer's disease. You will learn how to: - Boost your memory, mood, attention and energy - Decrease your risk of Alzheimer's and other forms of dementia - Reduce the outward signs of aging and make your skin more beautiful - Promote the healing of brain damage due to injury, strokes, substance abuse and toxic exposure - Dramatically increase your chances of living longer and looking younger.



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