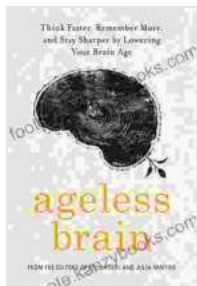


Think Faster, Remember More, and Stay Sharper by Lowering Your Brain Age



Ageless Brain: Think Faster, Remember More, and Stay Sharper by Lowering Your Brain Age by Julia VanTine

★★★★☆ 4.3 out of 5

Language	: English
File size	: 12254 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 338 pages
Hardcover	: 148 pages
Item Weight	: 9.9 ounces
Dimensions	: 6 x 0.56 x 9 inches



As we age, our brains naturally undergo some changes. These changes can lead to a decline in memory, focus, and other cognitive functions. However, there are things we can do to slow down this decline and keep our minds sharp.

In his book, *Think Faster, Remember More, and Stay Sharper by Lowering Your Brain Age*, Dr. Gary Small offers a comprehensive guide to improving brain health and cognitive function. Dr. Small is a professor of psychiatry and aging at the University of California, Los Angeles, and the director of the UCLA Longevity Center. He is a leading expert on brain health and has conducted extensive research on the effects of aging on the brain.

In his book, Dr. Small presents a wealth of information on how the brain works and how we can keep it healthy. He covers topics such as:

- The different types of memory and how they work
- The role of sleep, exercise, and nutrition in brain health
- The effects of stress on the brain
- The latest research on brain training and neuroplasticity

Dr. Small also provides a number of practical tips and exercises that readers can use to improve their memory, focus, and brain health. These exercises are based on the latest scientific research and have been shown to be effective in improving cognitive function.

If you are concerned about your brain health or simply want to learn how to keep your mind sharp, I highly recommend reading *Think Faster, Remember More, and Stay Sharper by Lowering Your Brain Age*. This book is a valuable resource for anyone who wants to improve their cognitive function and live a long, healthy life.

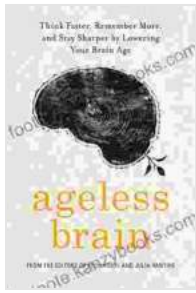
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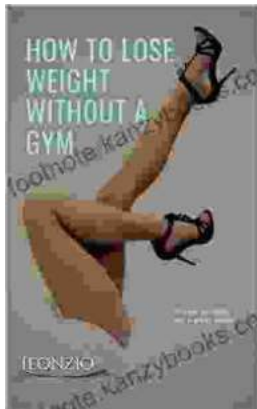
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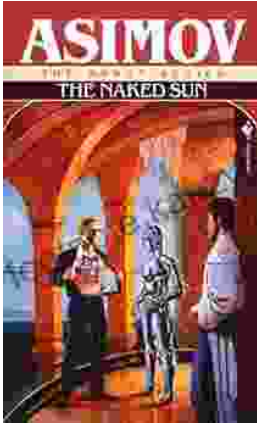
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