

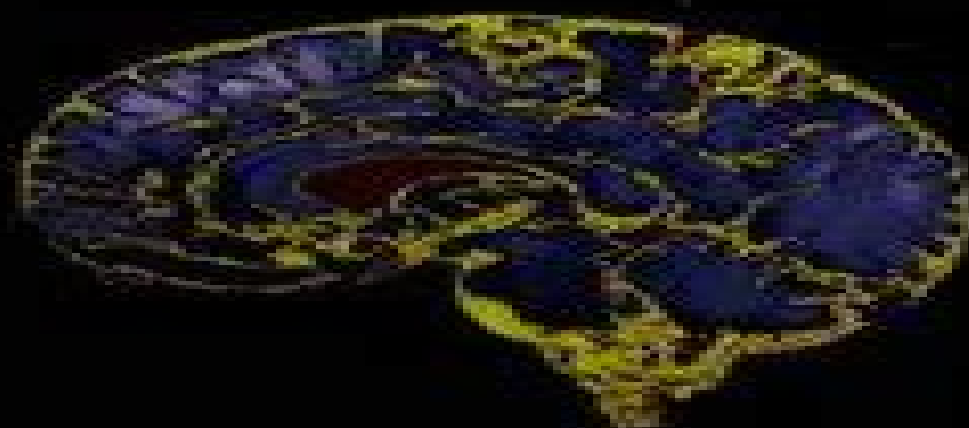
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The Thin Red Book

YOUNGER BRAIN, SHARPER MIND



A 6-Step Plan for Preserving and
Improving Memory and Attention at
Any Age from America's Brain Doctor

Younger Brain Sharper Mind Younger Brain Sharper Mind

Gary Null



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Younger Brain, Sharper Mind Eric R. Braverman, 2012-01-31 Citing the intellectual impairment and mood swings associated with an aging brain a leading professor of integrative medicine outlines an easy to follow protocol for building brain cells and improving brain capacity in spite of age profiling beneficial hormone therapies and current medications for treating cognitive decline

Younger Brain, Sharper Mind Eric R. Braverman, 2013-01-29 While gray hair and wrinkles may be unwelcome if inevitable signs of the passing years the memory loss intellectual impairment and mood swings that come with an aging brain can be truly devastating According to bestselling author and anti aging expert Dr Eric Braverman getting older does not have to mean becoming forgetful clueless or depressed quite the opposite in fact Distilling his 35 years of research and clinical experience into an easy to follow protocol Dr Braverman explains how men and women can actually build new brain cells becoming younger and smarter as they age Readers will learn what to eat to stay focused when to exercise to sharpen their memory and how to organize their lifestyle to improve problem solving skills and discover the revolutionary hormone therapies and medications available to treat cognitive decline Having helped thousands take control of their hormones to maintain the physical and sexual vitality of their twenties and thirties Dr Braverman now presents **Younger Brain Sharper Mind** a simple plan to help them protect and enhance youth s most prized possession a vigorous capable mind

2 Weeks To A Younger Brain Gary Small, Gigi Vorgan, 2025-08-05 COMPLETELY REVISED AND UPDATED 2ND EDITION Dr Gary Small and Gigi Vorgan s **2 Weeks To A Younger Brain** translates the latest brain science into practical strategies and exercises that yield quick and long lasting benefits Misplacing your keys forgetting someone s name at a party or coming home from the market without the most important item these are just some of the many common memory slips we all experience from time to time But such cognitive lapses don t just plague middle agers and seniors UCLA studies indicate that forgetfulness begins much earlier in life Scientists can detect subtle changes in the brain that coincide with mental decline by the time we reach age 40 and our findings show that people as young as 20 already have memory problems **2 Weeks to a Younger Brain** will not only improve your memory but will also strengthen your physical health by reducing your risk for diabetes heart disease and stroke The latest research confirms that there is a lot we can do to boost our memory and keep our brains young After three decades of helping thousands of patients improve their memory and mental acuity Dr Small and Gorgan are convinced that our daily lifestyle habits are directly linked to our brain health This book will show that it only takes two weeks to form new habits that bolster cognitive abilities and help stave off or even reverse brain aging If you commit only 14 days to **2 Weeks To A Younger Brain** you will reap noticeable results During that brief period you will have learned the secrets to keeping your brain young for the rest of your life

The Connect the Dots Series 3-Book Bundle David Silverstein, 2014-12-02 This three book bundle includes these top rated books from David Silverstein s **Connect the Dots Series Book 1** What s Good for the Goose Could Cook the Gander Management and innovation

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at mental tasks Through the latest research in cognitive science and neuroscience management and innovation expert David Silverstein explores how the brain's systems interconnect and how you can commit to building your brain and improving your mental game In *Become an Elite Mental Athlete* you'll discover what you need to put into your body to build your brain ways to increase your stamina and cure mental fatigue how to spot and avoid common decision making traps and how to train your memory and tighten your attention

Keep Your Brain Sharp: Teach Yourself Simon Wootton, Terry Horne, 2010-01-29 Do you forget things easily Are you worried that you're losing your mental edge Don't be *Keep Your Brain Sharp* will prove that in fact your mature brain is bigger and better than ever and it will give you hundreds of diverting puzzles games tests and exercises to keep it that way It explodes the myths about old age and mental decline explains why you get better when you get older and gives you a set of great mental workouts in a brain boosting bible ideal for you if you think your best intellectual achievements may well lie ahead NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the authors many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of how to keep your brain sharp FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you've learnt and how to use it

The Small Guide to Depression Gary Small, Gigi Vorgan, 2021-08-03 From New York Times bestselling author and expert on neuroscience memory Alzheimer's Disease dementia anxiety and human behavior *The Small Guide to Depression* provides a comprehensive overview of depression negative personality traits and anxiety along with the latest treatment solutions from conventional and alternative therapies to new scientific discoveries and interventions Over 300 million people worldwide live with depression in 2014 around 15.7 million adults age 18 or older in the U.S. had experienced at least one major depressive episode in the last year This accessible guide starts with providing readers with an overview of depression What it is who gets it how to recognize it major causes genetics environment etc Dr Small discusses the various types of depression General therapeutic approaches used for all depression disorders How to know when it's time to seek professional help Each of the chapters will cover a specific type of depression and open with a case study example Small will describe Causes symptoms conventional treatments e.g. medications psychotherapy Alternative therapies e.g. exercise meditation yoga homeopathy Novel therapies e.g. transcranial magnetic stimulation TMS New scientific discoveries and interventions coming down the pike e.g. focused ultrasound In addition to case studies and patient interviews all chapters will include side bars with factoids lists and other helpful information

Healthy Woman, Healthy Life Gary Null, 2016-12-27 In *Healthy Woman Healthy Life* Gary Null updates and expands the topic of the first edition to feature the latest clinical experience and published research on issues important to women of all ages The revised edition contains nearly sixty chapters covering the foundations of women's holistic health

specific health concerns and alternative health solutions Topics range from diet physical fitness and home detoxification to adolescent health heart disease and menopause In addition there are recipes for simple healthy meals and a guide providing contact information for the health practitioners profiled throughout the book Among the new and or significantly updated chapters are those exploring natural hormone replacement therapy the roles of stress and depression memory loss Alzheimer s Disease Parkinson s Disease aging hair skin weight energy pain and vision Also included are new wellness protocols for brain health cancer allergies and diabetes as well as new testimonials from patients who have benefited from various naturopathic treatments under the guidance of their physicians

Am I Crazy? Chad Prather, 2021-10-12 The World needs Chad Prather more than ever He s a throwback to a saner and more fun loving America His rants are OUR rants Charlie Kirk Chad Prather a modern day Will Rogers is just your friendly neighborhood cowboy philosopher gazing into the sweet tea leaves at the bottom of his cowboy hat pondering a most fundamental question Am I crazy Or is the world crazy Chad finds life amusing baffling sometimes heartwarming and downright interesting and wants to share personal stories and witty observations on the hasty growth of insanity within the folds of society and inspire critical thinking about the state of our modern culture In this series of humorous essays reminiscent of the rants he is famous for doing from his truck in Texas Chad takes on all the problems he has with the modern age and also talks about some of the problems that we have with each other Problems with kids problems with spouses problems with our bosses at work and of course problems with all those other jackwagons we work with What are some of the basic things you need to know if you re going to survive marriage and parenthood Whatever happened to decency hard work and a sharing of the basic values that made us great in the first place When did it become unfashionable to believe in God to go to church on Sunday or to send our thoughts and prayers toward those having a difficult time When did it become child abuse to spank your kids instead of child abuse to avoid it Why do we have such visceral reactions to politics when by and large we know so little about how it actually works When is social media going to finally stop messing around and just bring the full on possession And why is it that as we march further and further along the road of progress growing our collective knowledge and technological means of dealing with life along the way we seem to be regressing socially at an equally break neck pace AM I CRAZY An Unapologetic Patriot Takes on the Insanity of Today s Woke World explores human misbehavior and stupidity in all its naked splendor with laugh out loud humor JOIN THE CHAD PRATHER POSSE

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