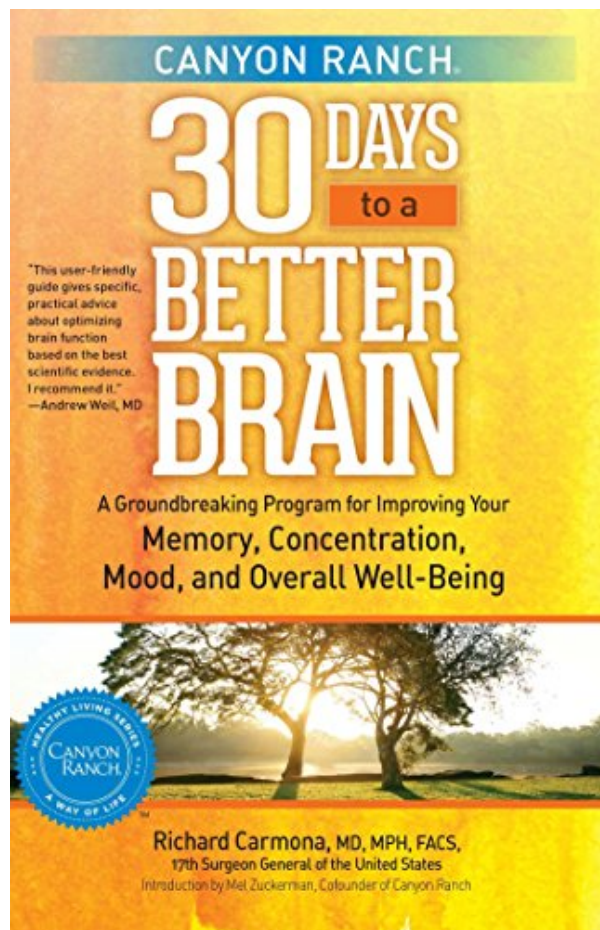
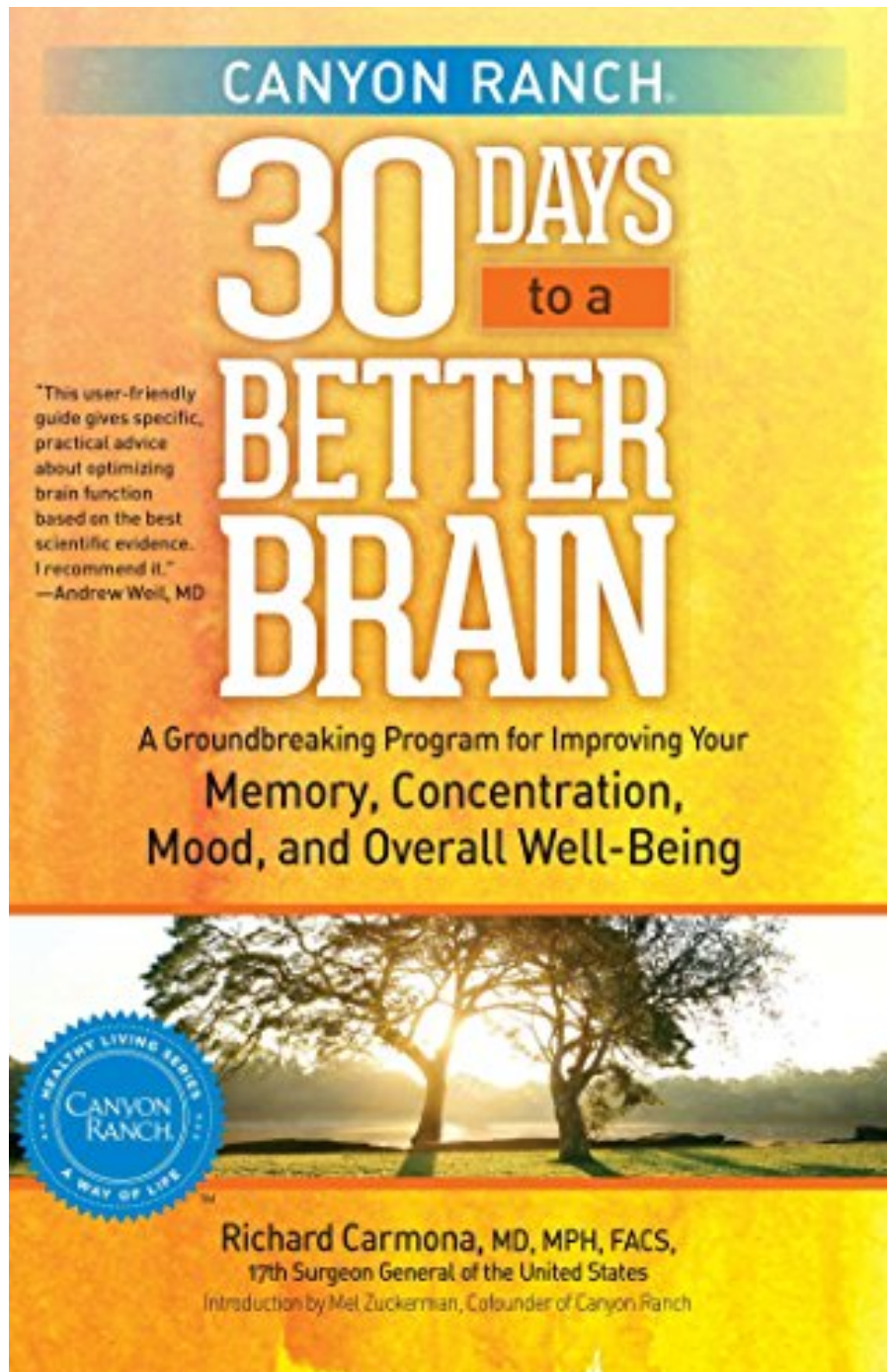


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Synthesizing the cognitive science behind memory, sleep, stress, and addiction, Canyon Ranch’s 30 Days to a Better Brain is the definitive guide to caring for your brain during all stages of your life. Dr. Carmona and the experts at America’s leading wellness center guide you through the anatomy of the aging brain, how stress and toxins affect your mind, and the importance of sleep, laying out a thirty-day nutrition, exercise, and medical plan to help you achieve optimal brain health. You’ll also find answers to all your questions, including how your health is affecting your brain, what foods to eat and what to avoid, whether or not supplements are necessary, what important medical tests to ask your doctor about, and how best to challenge your brain. Also included are techniques for practicing mindfulness, meditation, and spiritual contemplation.

The immense benefits of this thirty-day program include better memory, mood, and sleep; faster, sharper thinking; more energy; quicker reflexes; safer driving; improved attention span; and much more. Combining the best of traditional and alternative therapies, behavioral science, and exercise physiology, this indispensable guide from “one of the finest Surgeon Generals in our nation’s history” (New York Times bestselling author Dean Ornish) will help you maintain and enhance a strong, agile mind so that your body does not outlive your brain.

- Sales Rank: #533624 in eBooks
- Published on: 2014-05-06
- Released on: 2014-05-06
- Format: Kindle eBook

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TUCSON, ARIZONA

Most helpful customer reviews

4 of 4 people found the following review helpful.

But does contain some good info.

By Ellen Britt

The book is an advertisement for Canyon Ranch. But does contain some good info.

8 of 10 people found the following review helpful.

excellent book very informative

By Bill

excellent book very informative, I would have chosen a different title for the book, the title could give the impression that it is a quick fix trivial type of book which it is not, in fact it is a book that could change peoples lives for the better.

0 of 0 people found the following review helpful.

many foods that are good for the brain are good for the rest of ...

By Jason Krause

This book has an in depth review of how different foods affect the brain. Interesting enough, many foods that are good for the brain are good for the rest of the body, go figure. Great book.

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