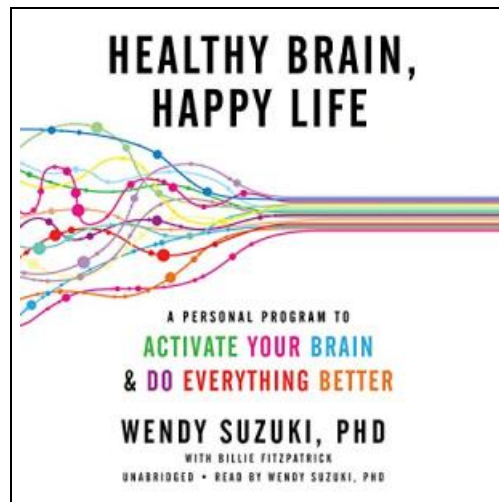


Healthy Brain, Happy Life: A Personal Program to Activate Your Brain and Do Everything Better



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(Jany Crist)

HEALTHY BRAIN, HAPPY LIFE: A PERSONAL PROGRAM TO ACTIVATE YOUR BRAIN AND DO EVERYTHING BETTER



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Blackstone Audiobooks, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 147 x 132 mm. Language: English . Brand New. A neuroscientist transforms the way we think about our brain, our health, and our personal happiness in this clear, informative, and inspiring guide a blend of personal memoir, science narrative, and immediately useful takeaways that bring the human brain into focus as never before, revealing the powerful connection between exercise, learning, memory, and cognitive abilities. Nearing the age of forty, Dr. Wendy Suzuki was at the pinnacle of her career. An award-winning university professor and world-renowned neuroscientist, she had tenure, her own successful research lab, prestigious awards, and international renown. To celebrate her birthday, she booked an adventure trip that forced her to wake up to a startling reality: despite her professional success, she was overweight, lonely, tired, and knew that her life had to change. Wendy started with the simple task of attending an exercise class. Eventually she noticed an improvement in her memory, her energy levels, and her ability to work quickly and move from task to task easily. Not only did Wendy begin to get fit, she also became sharper, had more energy, and her memory improved. Being a neuroscientist, she wanted to know why. What she learned transformed her body and her life and it can transform yours, too. Wendy discovered that there is a biological connection between exercise, mindfulness, and action. With exercise, your body feels more alive and your brain actually performs better. Yes, you can make yourself smarter. In this fascinating book, Suzuki makes neuroscience easy to understand, interweaving her personal story with groundbreaking research and offering practical, short exercises four-minute brain hacks to engage your mind and improve your memory, your ability to learn new skills, and your ability to function more efficiently. Taking us on an...



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