

Brain Power: Improve Your Mind As You Age - , Kelly Howell

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Virtually everyone fears mental deterioration as they age. But in the past thirty years neuroscientists have discovered that the brain is actually designed to improve throughout life. How can you encourage this improvement? Brain Power shares practical, state-of-the-evidence answers in this inspiring, fun-to-read plan for action. Author: Gelb, Michael J. Author: Howell, Kelly Publisher: New World Library Illustration: N Language: ENG Title: Brain Power: Improve Your Mind as You Age Pages: 00248 (Encrypted EPUB) On Sale: 2011-12-26 SKU-13/ISBN: 9781608680733 Category: Self-Help : Personal Growth - Memory Improvement Category: Self-Help : Aging Category: Psychology : Neuropsychology

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