



The Sharp Brains Guide to Brain Fitness: 18 Interviews with Scientists, Practical Advice, and Product Reviews, to Keep Your Brain Sharp

Alvaro Fernandez, Elkhonon Goldberg

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Selected by AARP as part of its Best Books Series, The SharpBrains Guide to Brain Fitness is an invaluable guide that helps readers navigate growing brain research and identify the lifestyle factors and products that contribute to brain fitness. By gathering eighteen of the top scientists and offering insight, tools, and detailed descriptions of over twenty products, this text is an essential guide to the field of neuroplasticity and cognitive health. An accessible and thought-provoking read, this book also engages readers on emerging trends and forecasts of what the future will hold. While most of us have heard the phrase "use it or lose it," very few understand what "it" means, or how to properly "use it" in order to maintain brain function and fitness. The SharpBrains Guide to Brain Fitness is designed to fill this gap.

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