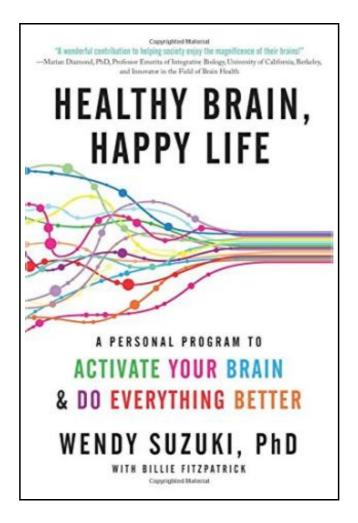
# Healthy Brain, Happy Life: A Personal Program to Activate Your Brain and Do Everything Better (Paperback)



Filesize: 7.76 MB

## Reviews

This book is definitely worth purchasing. Indeed, it is actually perform, continue to an interesting and amazing literature. You may like how the blogger compose this publication.

(Gust Mayert V)

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



Dey Street Books, United States, 2016. Paperback. Book Condition: New. Reprint. 201 x 135 mm. Language: English . Brand New Book. 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 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. That s when 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, and tired and knew that her life had to change. Wendy started simply by going to 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, but 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. Now, it can transform yours. 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 4 minute Brain Hacks to engage your mind and improve your memory, your ability to learn new skills, and function more efficiently. Taking us on an amazing journey...

- Read Healthy Brain, Happy Life: A Personal Program to Activate Your Brain and Do Everything Better (Paperback) Online
- Download PDF Healthy Brain, Happy Life: A Personal Program to Activate Your Brain and Do Everything Better (Paperback)

## Other PDFs



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203  $\times$  135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

Read Book »



#### And You Know You Should Be Glad (Paperback)

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A highly personal and moving true story of friend-ship and...

Read Book »



### Any Child Can Write (Paperback)

Oxford University Press Inc, United States, 2003. Paperback. Book Condition: New. 4th Revised edition. 201 x 135 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Harvey S. Wiener shows how parents can...

Read Book »



# A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New.  $251 \times 178$  mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to...

Read Book »



# Electronic Dreams: How 1980s Britain Learned to Love the Computer

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber...

Read Book »