



Keep Your Brain Young: The Complete Guide to Physical and Emotional Health and Longevity

Guy McKhann, Marilyn Albert

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"The ultimate user's guide to the brain...highly intelligent, straightforward, and important."
--Kay Redfield Jamison, Ph.D.

As Seen in Time magazine and on the Today Show

"Guy McKhann and Marilyn Albert are to middle-aged people and seniors what Dr. Spock is to babies and their parents. Keep Your Brain Young is must reading for anyone over fifty; it should be on your bedside table."

----Judy Woodruff, CNN, and Al Hunt, The Wall Street Journal

"I highly recommend this readable, informal, and entertaining guide to achieving and maintaining optimum brain functioning as we age. . . . A single, reliable, comprehensive guide to the changes we all can expect as we enter the second half of life."

----Richard Restak, M.D., coauthor of The Longevity Strategy

Your brain controls and powers virtually every aspect of your life ---- and like the rest of your body, it changes with age. In Keep Your Brain Young, two of the world's leading brain doctors guide you through the changes you may encounter as you get older and as your brain matures. Based on state-of-the-art research and supplemented with dramatic case histories, this comprehensive resource shows you the latest techniques for maintaining memory, managing stress, and coping with sleep disorders and depression, offering prescriptive exercises you can put into action right away. You'll also learn how to enhance your mental and physical functioning while reducing the risk for serious diseases such as Alzheimer's and Parkinson's. Read Keep Your Brain Young and gain the knowledge and confidence you need to manage the aging process, take care of your brain, and stay active and alert for many years to come.



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