



Stay Sharp: 52 Ways to Keep Your Mind, Not Lose It (Paperback)

By David B Biebel, James E Dill, RN Bobbie Dill

Healthy Life Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Stay Sharp: 52 Ways to Keep Your Mind, Not Lose It is your once-a-week journey into the intricacies of the human brain - how it functions best, how to keep it healthy, how its health relates to your health in general, and the role of relationships and spirituality and other subjects not often discussed in a book on this subject. This book will help you cut through the fog of hype and overstatement out there about brain health, often intended to try to sell you something. Chapters are short, with practical suggestions, relevant to each chapter s topic, in the form of Sharper Brain Tips. Chapters are designed to stand alone, so you can focus on one per week if you wish, ignore some occasional informational overlap, and start anywhere you wish, because topics are arranged in no particular order. Who might benefit from the facts and principles presented in Stay Sharp? Laypeople of faith, who want to improve their brain functioning and/or keep it from deteriorating. The book reads like a Readers Digest collection of...



Reviews

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