

The Brain Fix: What s the Matter with Your Gray Matter: Improve Your Memory, Moods, and Mind



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(Joe Kessler)

THE BRAIN FIX: WHAT'S THE MATTER WITH YOUR GRAY MATTER: IMPROVE YOUR MEMORY, MOODS, AND MIND

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Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Do you feel anxious, frazzled, or fatigued? Are you struggling with addiction, attention deficits, depression, or compulsive behaviors? Could your mind or memory be sharper? If so, these are tell-tale signs that your brain could use a tune-up. Fortunately, as author Ralph Carson explains, the brain is a very forgiving organ, and in this compelling guide, he reveals the many ways we can heal our brains from the assaults of everyday life and avoid specific situations that injure brain health. With a prescriptive blend of science, personal anecdotes, and advice, Carson shares what he has gleaned on the front lines, helping thousands of people overcome brain-based conditions and mood disorders including ADD, anxiety, depression, psychological trauma, and more. In *The Brain Fix*, Carson reveals an arsenal of proven tools and techniques that help regenerate new cells and connections in the brain. Heshares amyriad of simple changes to make in your environment, diet, sleep habits, exercise routines, and emotional life that will yield both immediate and long-term changes to your brain. Carson's desire to learn about the brain was deeply personal: When he was a teenager, his mother died unexpectedly from a cerebral hemorrhage at 44; his grandmother was diagnosed with dementia in her early 60s; and his sister died from a rare form of brain cancer in her 50s. In this illuminating and empowering guide, Carson reveals whyand howwe should give rightful attention to the body's most complex organ with essential advice for bettering your brain. You ll discover: How to rewrite your genetic blueprint when it comes to decision making, impulse control, creativity, and mood stabilization: Although genetics play a key role in individual susceptibility, vulnerability,...



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