



Brain Health: Improve Memory, Focus and Concentration: Help for Preventing Brain Disorders

By Perry Renshaw

Active Interest Media. Paperback. Book Condition: new. BRAND NEW, Brain Health: Improve Memory, Focus and Concentration: Help for Preventing Brain Disorders, Perry Renshaw, The brain is one of the most fascinating and complex organs of the human body. However, it is also susceptible to damage from environmental pollution, oxidative stress, poor diet, lack of exercise and other factors. This informative guide explains how to increase the brain's mental acuity, while also helping to prevent and even reverse age-related damage to the brain.



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The best book I have ever read. I am quite late in starting to read this one, but better than never. I realized this publication from my dad and I advised this book to understand.

-- Raina Simonis