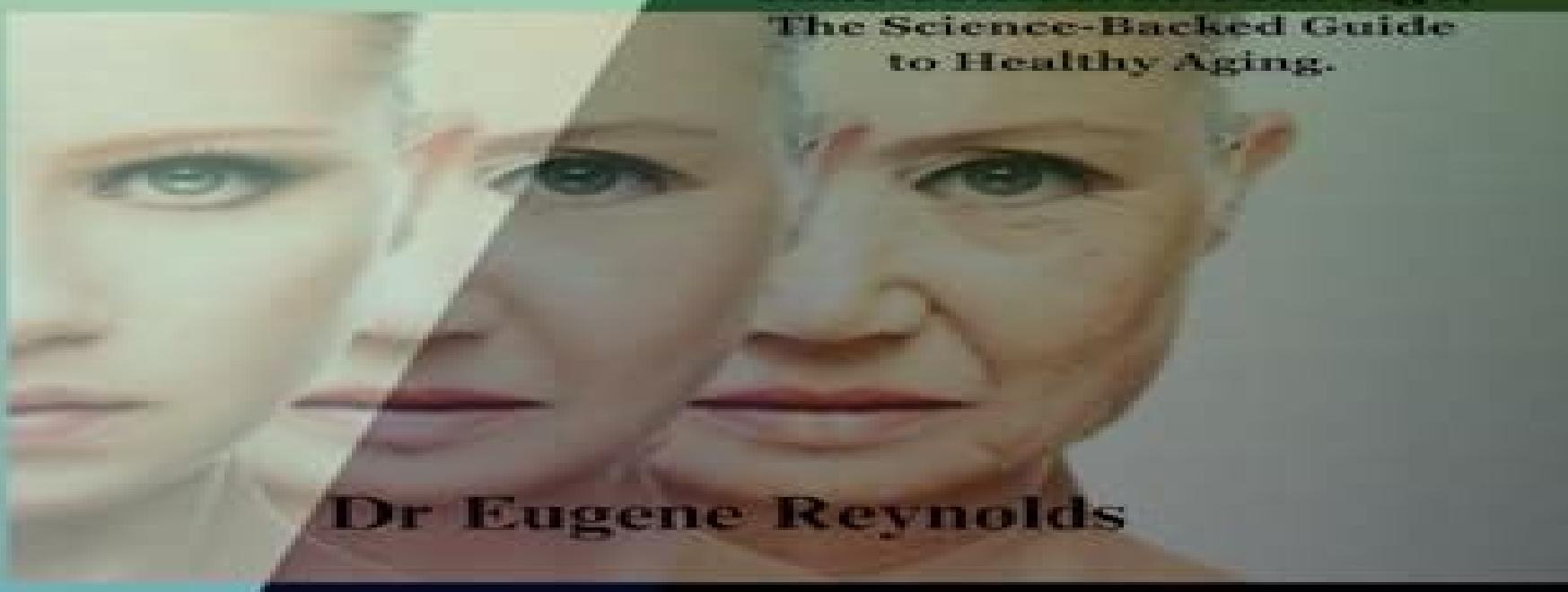


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Use Your Brain to Change Your Age (Enhanced Edition) Daniel G. Amen, M.D.,2012-02-14 This enhanced eBook edition includes the full text of the book with full color illustrations and photographs plus more than twenty minutes of video from the popular PBS special Use Your Brain to Change Your Age From the bestselling author and PBS star a brain healthy program to turn back the clock and keep your mind sharp and your body fit A healthy brain is the key to staying vibrant and alive for a long time and in Use Your Brain to Change Your Age bestselling author and brain expert Dr Daniel G Amen shares ten simple steps to boost your brain to help you live longer look younger and dramatically decrease your risk for Alzheimer s disease Over the last twenty years at Amen Clinics Dr Amen has performed more than 70 000 brain scans on patients from ninety different countries His brain imaging work has taught him that our brains typically become less active with age and we become more vulnerable to memory problems and depression Yet one of the most exciting lessons he has learned is that with a little forethought and a brain smart plan you can slow or even reverse the aging process in the brain Based on the approach that has helped thousands of people at Amen Clinics along with the most cutting edge research Dr Amen s breakthrough easy to follow antiaging program shows you how to improve memory focus and energy keep your heart and immune system strong and reduce the outward signs of aging By adopting the brain healthy strategies detailed in Use Your Brain to Change Your Age you can outsmart your genes put the brakes on aging and even reverse the aging process If you change your brain you can change your life and your age Video may not play on all readers Check your user manual for details

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Bernard,2022-01-05 This book is not is not just about personal protection self defense tips or self defense for woman it is much more than that It is pointless to learn numerous self defense techniques yet they don t come to your aid mentally or physically when under attack Here are some things that you are going to learn Hand to hand self defense Vulnerable point self defense Ground control self defense Joint lock self defense Common self defense mistakes to avoid And much much more Based on the tactics of self defense experts top martial artists and security personnel the simple techniques included are all designed to enable you to stay safe on the streets whatever your age size or skill Ever wondered what it takes in a real life or death situation to make the right choices Or how to dominate any violent encounter on the streets without even throwing a punch You may be surprised at the answers

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