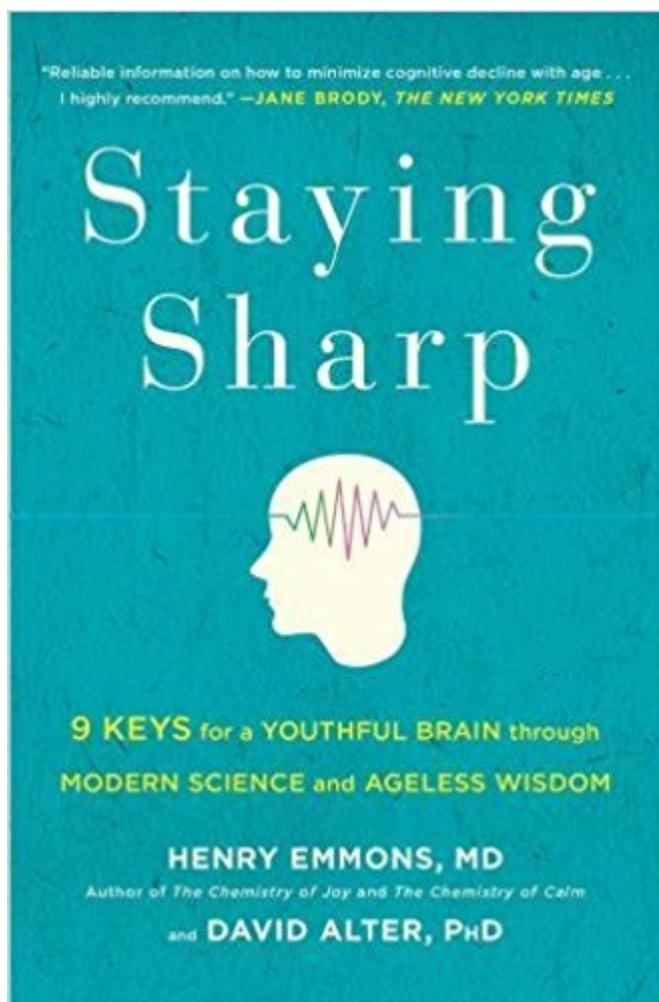


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# Staying Sharp: 9 Keys For A Youthful Brain Through Modern Science And Ageless Wisdom



## Synopsis

The book Dr. Christiane Northrup promised “will change your mind and your brain in the best possible way.” Staying Sharp is the practical guidebook for building and maintaining a sharp, healthy, and vibrant mind. A strong memory and a healthy brain aren’t as difficult to maintain as one might think. Combining the latest neuroscience research with age-old wisdom about resilience, mindfulness, and stress reduction, Drs. Henry Emmons and David Alter show that vibrant aging is within reach. Together they demonstrate how to blend the best of modern science and Eastern holistic medicine to form a powerful drug-free program that will maintain a youthful mind and a happy life. With more than fifty-five years of combined experience in the fields of neuroscience and psychiatry, Dr. Emmons and Dr. Alter have taken their expertise and translated the fundamentals of brain science into an easily accessible collection of the nine key lessons proven to preserve and strengthen mental acuity. Filled with easy-to-understand theories and practical exercises to work out your brain, Staying Sharp provides you with “reliable information on how to minimize cognitive decline” (The New York Times) so you can live more joyfully, age more gracefully, and build intimacy in your relationships, no matter what your age.

## Book Information

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## Customer Reviews

“Based on leading-edge research, Staying Sharp presents information that is nothing short of vital. Read this book today and you will pave the way for future brain health.” (David Perlmutter, MD, FACN, author of *Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain--for Life*) “Staying Sharp will change your mind and your brain in the best possible way. I highly

recommend this book.Ã¢â€¢ (Christiane Northrup, MD, author of *Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Wellbeing*)

Henry Emmons, MD, is a psychiatrist who integrates mind-body and natural therapies, mindfulness and allied Buddhist therapeutics, and psychotherapeutic caring and insight in his clinical work. Dr. Emmons is in demand as a workshop and retreat leader for both healthcare professionals and the general public. David Alter, PhD, is a clinical psychologist whose thirty-year practice combines mind-body medicine, strategic therapeutic interventions, and clinical hypnosis to address the presenting concerns of his clients. He integrates health psychology, neuropsychology, and clinical hypnoses to bring a holistic perspective to his clinical work. He conducts his practice at Partners in Healing, the center for holistic health that he cofounded in Minneapolis, MN.

I haven't finished this book yet, but I will say, that so far it is great. I've been diagnosed with cognitive impairment, but after my neuropsych test my neurologist says I definitely don't have Alzheimer's, thank God. But I'm working on getting my memory back up to snuff, and this book is helping. I like it so much that I'm going to buy our library a copy for Adopt-a-Book month. My own I'm sure to continue using for years to come.

(I received the Kindle version of this book, free of charge, from Netgalley in return for an honest independent review.) A fascinating book on how the brain works, and how to keep it working to its full capacity. Although containing a massive amount of attention grabbing material, it is written in an easy, sometimes amusing, and always riveting style. Each chapter is prefaced with "Key Concepts", and broken up into small sections, all clearly labelled. I strongly advise having page markers ready to insert, as there are many sections here that you are going to want to revisit. Following an explanation of how the brain works, including new research and discoveries about it, the 9 key lessons of the "Youthful Brain Program" are explored. These include sections on exercise, excellent nutrition advice (exactly what I had been looking for) and sleep, explaining why these are so important for the brain, with ideas on how to improve each. Also included are ideas for flexibility of mind, empathy, being positive plus many other sections regarding how "the brain and mind impact health and daily functioning". In each section there are plenty of reasons given as to why the activities suggested, including mindfulness, are good for the brain, including references to research and further resources. What makes this book particularly special, is the number and variety of suggestions given to help the reader improve/maintain brain function, for example in the movement

chapter a range of suggestions are given for those that like to do a lot of exercise right through to the people who just want to make one small change, like standing up more often. This book is packed full of so much fascinating, informative, motivating and realistic ideas that it is impossible here, in a few words, to describe it with justice. Suffice to say that I think this is a book that everyone will benefit from and enjoy. Not just the people reaching middle life that it appears to be aimed at, but also younger people - who too can learn much from the advice given, and who may wish to buy a second copy for their older relatives, or friends who are about to retire.

I expected more original material after reading all the strong reviews. Perhaps as a senior interested in medical issues, I have just read too much on the topic. So this is a good overview for those unfamiliar with the basics of brain functioning and maintaining cognitive capacities. May be reassuring for some seniors who think they're "losing it" or already have Alzheimers when actually their problems are within the normal range. One thing I long ago realized is that we seniors often attach significance to memory slips or episodes of confused thinking which we probably experienced when young adults but passed off as "no big deal" back then. Often younger family members reassure me they do the same dumb things (losing keys, getting directions mixed up). The biggest change that I notice in myself and other seniors is that our processing speed for new information slows down. We'll still get there but we don't want someone speed talking at us!

This is a wonderful book. The authors do an incredible job of explaining some very complex subjects -( I mean, can one get more complex than the brain?) in a very interesting and easy to read fashion. The chapters flow very well and build on the preceding chapter. Good read!

Ever publication written by Dr. Emmons are worthwhile reading.

My 87 year old father loved this book. He said it was easy to read and he has tried a few of the techniques.

I love all of Dr. Emmons' books. Refer people to them all the time. Another great guide for a healthy mind and a healthy life.

Wonderful information and techniques!

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