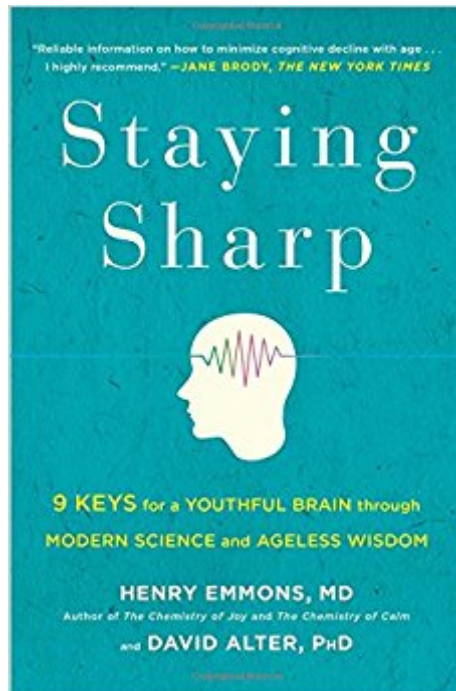


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Staying Sharp: 9 Keys For A Youthful Brain Through Modern Science And Ageless Wisdom



Synopsis

The book Dr. Christiane Northrup promised âœ will change your mind and your brain in the best possible way,â • Staying Sharp is the practical guidebook for building and maintaining a sharp, healthy, and vibrant mind. A strong memory and a healthy brain arenâ™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 âœ reliable information on how to minimize cognitive declineâ • (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

(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.

Staying Sharp was never one of my goals: kindness, compassion, creativity, integrity, saying yes to life are. I can right off the top of my head imagine twenty, at least, attributes I hope to stay with me all my life. What appealed instantly in this book is its tagline: 9 Keys for a Youthful brain through modern science and ageless wisdom. Ah, most definitely yes. So I forgave the writers, Henry Emmons, MD, and David Alter, PhD, for the chilly title. Who wants to be like a knife or an ax, or even a spear? And yes I do recommend this for its seeming goal: to calm fears of Alzheimer's with a non-toxic mix of science and wisdom. Each chapter highly recommends meditation for example. For calming the mind, emotions and definitely the body. Further, I was interested in the varied medical research cited. Like: "Many scientists have come to believe that while we sleep the space between our neurons expands, allowing a cranial sewage network—the glymphatic system—to flush the brain of waste products that might otherwise not only prevent memory formation but muck up our mental machinery and perhaps eventually lead to Alzheimer's. Failing to get enough sleep is like throwing a party and then firing the cleanup crew." I did learn this in hatha yoga that a good night's sleep is vital to brain health. May I add, vital to the mind's health as well. Let's remember the mind is not us but a function that we can heal, caress and support through practice. Yoga is not only physical - but you know that. Qigong and Tai Chi, which the authors also recommend, smoothes out the mind's brain waves as well of physical energy. Still there comes a time when the physical mind falters perhaps.

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