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Amazing Brain and Body Breakthroughs : How to Enhance Your Memory, Avoid Alzheimer's and Improve Your Health and Thinking at Any Age

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Looking for ways to supercharge your memory? How about learning to sharpen your thinking, become more creative, or teach yourself some new mental tricks? Do you know what foods are considered “brain food” and what “health” food might make your brain age faster? It’s all in this incredible book.

You’ll also find out how you can deal with Alzheimer’s or depression, or avoid getting them in the first place. Don’t forget to do the puzzles and quizzes included in each chapter. Experts say stretching your mental muscle with puzzles like these builds a sharper, healthier brain.

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