



Healthy Brain, Happy Life: A Personal Program to Activate Your Brain and Do Everything Better

By Wendy Suzuki

Blackstone Audiobooks, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 147 x 132 mm. Language: English . Brand New. A neuroscientist transforms the way we think about our brain, our health, and our personal happiness in this clear, informative, and inspiring guide a blend of personal memoir, science narrative, and immediately useful takeaways that bring the human brain into focus as never before, revealing the powerful connection between exercise, learning, memory, and cognitive abilities. Nearing the age of forty, Dr. Wendy Suzuki was at the pinnacle of her career. An award-winning university professor and world-renowned neuroscientist, she had tenure, her own successful research lab, prestigious awards, and international renown. To celebrate her birthday, she booked an adventure trip that forced her to wake up to a startling reality: despite her professional success, she was overweight, lonely, tired, and knew that her life had to change. Wendy started with the simple task of attending an exercise class. Eventually she noticed an improvement in her memory, her energy levels, and her ability to work quickly and move from task to task easily. Not only did Wendy begin to get fit, she also became sharper, had more energy, and her memory improved. Being a neuroscientist,...



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