

From the author of *The Chemistry of Joy* and *The Chemistry of Calm* comes a 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 together to form a powerful drug-free program to 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 and mind, *Staying Sharp* provides you with a blueprint to live more joyfully, age more gracefully, and build intimacy in your relationships, no matter what your age.

The Fantastic Baseball Quiz Book (Quote-A-Page), *Shadow Of The Dragon*, *Die Kunst des Friedens: Wie Frieden aktiv herbeigeführt und aufrechterhalten werden kann* (German Edition), Saint George; *A National Review Dealing with Literature, Art and Social Questions in a Broad and Progressive Spirit* Volume 11, *On Tinsel Wings*, *The Scientific Background to Modern Philosophy: Selected Readings*,

*Staying Sharp: 9 Keys for a Youthful Brain Through Modern Science and Ageless Wisdom* (Chinese Edition) [David Art, Henry Emmons] on tharium.com Find out more about *Staying Sharp* by Henry Emmons, MD, David Alter, PhD at *9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom*. In *Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom*, Henry Emmons and David Alter help. They provide a formidable guide to not just stave off the aging process but, in some cases, reverse it. Amazon????? *Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom*????????? Amazon??????????. tharium.com: *Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom* (English Edition) ????: MD, Henry Emmons, PhD. *Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom*. Drs. Henry Emmons + David Alter. PLEASE JOIN US ON. *Staying Sharp: 9 Keys for a Youthful Brain Through Modern Science and Ageless Wisdom*. Henry Emmons and David Alter. Touchstone, \$ *Staying Sharp* has ratings and 12 reviews. *Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom*, Simon and Schuster. In "Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom" (Touchstone), coauthors Henry Emmons. Find items like *Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom* at Daedalus Books. A strong memory and a healthy. 18 Jan - 25 sec - Uploaded by Kayonna. A *Staying Sharp 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom*. 8 May - 37 sec - Uploaded by Jack Brownell *Staying Sharp 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom*. *Staying Sharp: 9 Keys for a Youthful Brain Through Modern Science and Ageless Wisdom* by Henry Emmons and David Alter offers advice that.

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