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The Brain Warriors Way: Optimize Your Brain, Prevent Alzheimers and Reverse Aging

By Daniel G. Amen

NAL. Hardcover. Condition: New. 352 pages. Dimensions: 9.0in. x 6.0in. x 0.9in. New York Times bestselling authors Dr. Daniel Amen and Tana Amen are ready to lead you to victory. . . When trying to live a healthy lifestyle, every day can feel like a battle. Forces are destroying our bodies and our minds. The standard American diet we consume is making us sick; we are constantly bombarded by a fear-mongering news media; and we're hypnotized by technical gadgets that keep us from our loved ones. Even our own genes can seem like they're out to get us. But you can win the war. You can live your life to the fullest, be your best, and feel your greatest, and the key to victory rests between your ears. Your brain runs your life. When it works right, your body works right, and your decisions tend to be thoughtful and goal directed. Bad choices, however, can lead to a myriad of problems in your body. Studies have shown that your habits turn on or off certain genes that make illness and early death more or less likely. But you can master your brain and body for the rest of your life with...



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