

**THE SHARPBRAINS GUIDE TO BRAIN FITNESS: HOW
TO OPTIMIZE BRAIN HEALTH AND PERFORMANCE AT
ANY AGE**

None Hanke

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Take Care Of Your Brain, And It Will Take Care Of You - The Best Brain Possible

The SharpBrains Guide to Brain Fitness: How to Optimize Brain Health and Performance at Any Age, by Alvaro Fernandez, Elkhorn Goldberg, and Pascale.

Record Citations

We talked about the second edition of The SharpBrains Guide to Brain Fitness: How to Optimize Brain Health and Performance at Any Age.

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This is A stimulating, challenging resource, full of solid information and practical tips for improving brain health.

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