



# **Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom**

*Henry Emmons MD, David Alter PhD*

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The book Dr. Christiane Northrup promised “will change your mind and your brain in the best possible way,” *Staying Sharp* is the 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 to form a powerful drug-free program that will 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, *Staying Sharp* provides you with “reliable information on how to minimize cognitive decline” (*The New York Times*) so you can live more joyfully, age more gracefully, and build intimacy in your relationships, no matter what your age.

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