



The Brain Power Cookbook: More Than 200 Recipes to Energize Your Thinking, Boost Your Mood, and Sharpen Your Memory

Dr. Frank Lawlis, Maggie Greenwood-Robinson

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Brain-boosting recipes from the *New York Times* bestselling author and chief content adviser for the *Dr. Phil* show

Food has the power to heal the brain. Now more than ever, we know that the chemical components in what we eat have powerful effects on the way our minds work, and that good nutrition is valuable for treating problems from cancer to depression. But how can we use this information to help us prepare actual meals?

The Brain Power Cookbook has the answers. In this essential guide, Dr. Frank Lawlis and nutritionist Dr. Maggie Greenwood-Robinson have compiled over two hundred delicious recipes that can help your brain respond positively to all sorts of psychological challenges. Whether you want to build brain power, put an end to stress, expand your memory and concentration, or even boost intelligence, this book will show you how, featuring a hearty helping of great meal ideas designed to help you reach your goal. Each chapter tackles a different mental challenge, discusses which types of food have the most benefits, and then offers a full complement of recipes—from main courses to side dishes, snacks to beverages, and even desserts—that incorporate these foods in mouth-watering and brain-boosting ways.

Drawing on tastes and styles from around the world, *The Brain Power Cookbook* offers spice and variety as it shows you how to enhance your mental fitness. With these recipes in hand, you'll have all the ingredients you need to make your brain more efficient and maximize your success in work and life.

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