

Stay Sharp: 52 Ways to Keep Your Mind, Not Lose It (Paperback)

By David B Biebel, James E Dill, RN Bobbie Dill

Healthy Life Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Stay Sharp: 52 Ways to Keep Your Mind, Not Lose It is your once-a-week journey into the intricacies of the human brain - how it functions best, how to keep it healthy, how its health relates to your health in general, and the role of relationships and spirituality and other subjects not often discussed in a book on this subject. This book will help you cut through the fog of hype and overstatement out there about brain health, often intended to try to sell you something. Chapters are short, with practical suggestions, relevant to each chapter s topic, in the form of Sharper Brain Tips. Chapters are designed to stand alone, so you can focus on one per week if you wish, ignore some occasional informational overlap, and start anywhere you wish, because topics are arranged in no particular order. Who might benefit from the facts and principles presented in Stay Sharp? Laypeople of faith, who want to improve their brain functioning and/or keep it from deteriorating. The book reads like a Readers Digest collection of...



Reviews

If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases rather than difficult to understand. Your life period is going to be change the instant you total reading this ebook. -- Letha Okuneva

This is an amazing ebook that we have possibly go through. It really is filled with wisdom and knowledge Its been developed in an extremely straightforward way and is particularly merely after i finished reading this ebook where in fact altered me, affect the way in my opinion.

-- Berta Schmidt

Other Kindle Books



Coralie (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



The Range Dwellers (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



Finally Free (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Its been four years since Malakais death, and Kinara couldnt be happier. She and Amir are married...



The Poor Man and His Princess (Paperback)

Mark Martinez, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The Poor Man and His Princess is a children s short story about unconditional love, and the connection made...



The Stories Mother Nature Told Her Children (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...

Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...