

Make Your Brain Smarter: Increase Your Brain's Creativity, Energy, and Focus

Sandra Bond Chapman Ph.D.

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In Make Your Brain Smarter, renowned cognitive neuroscientist Dr. Sandra Bond Chapman introduces you to the very latest research in brain science and shows you how to tailor a program to strengthen your brain's capacity to think smarter. In this all-inclusive book, Dr. Chapman delivers a comprehensive "fitness" plan that you can use to "exercise" your way to a healthier brain. You will find strategies to reduce stress and anxiety, increase productivity, enhance decision-making, and strengthen how your brain works at every age. You will discover why memory is not the most important measure of brain capacity, why IQ is a misleading index of brain potential, and why innovative thinking energizes your brain. Make Your Brain Smarter is the ultimate guide for keeping your brain fit during each decade of your life.



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