



Boost Your Brain: The New Art and Science Behind Enhanced Brain Performance

Majid Fotuhi, Christina Breda Antoniadou

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Based on cutting-edge science, *Boost Your Brain* is internationally recognized neurologist Majid Fotuhi's complete program for increasing brain size and enhancing brain function, including memory, creativity, comprehension, and concentration.

Our brains don't have to decline as we get older, argues Dr. Fotuhi. Depending on the things we do or neglect to do, we can actually get smarter and measurably improve our brain speed. In *Boost Your Brain*, the founder of the NeurExpand Brain Center and host of the PBS series *Fight Alzheimer's Early* offers a three-month brain-optimization program—with noticeable results in just a few weeks.

Boost Your Brain explores the very latest neuroscience research and offers actionable, authoritative advice on how readers of every age can experience the benefits of a bigger, better brain. Featuring more than two dozen black-and-white illustrations, *Boost Your Brain: The New Art and Science Behind Enhanced Brain Performance* includes a foreword by Michael Roizen, M.D., coauthor of the bestselling YOU series and author of the Real Age books.

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