



# Transforming Your Aging Brain: with the Multi-Modal Method

*Linda S. Stoler, Gretchen L. Espinetti Ph.D.*

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**Transforming Your Aging Brain: with the Multi-Modal Method** Linda S. Stoler, Gretchen L. Espinetti Ph.D.

*Transforming Your Aging Brain with the Multi-Modal Method* offers a joyful way to **enhance cognition, memory and wellbeing**. It is a manual to assist seniors over 50 in their quest to age while maintaining cognitive, social/emotional physical and spiritual health. The book uses proven tools through a simple, easy to use program allowing readers to **discover a deep awareness of their innate passion, authentic creativity and joy of life**. When used on a regular basis the tools will offer hope and transform lives.

Aging is impacted by attitude, nutrition, activity levels and environment. Research has proven what educators and holistic care-givers have known for years: motion, music, laughter and community can enhance our well-being at any age, but in our elder years, can even prevent dementia and Alzheimer's. **Experts Linda Stoler and Gretchen Espinetti show you how your brain really works and how you can rewire your brain for a healthier, happier aging process.**

Includes photos by the remarkable Peter B. Wilder. Uplifting and fun, this book will be a resource to use for many years. Complete with pages to add your own notes.

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