



Age-Proofing Your Brain: 21 key factors you can control to help you stay younger longer

Arlene R. Taylor PhD, Sharlet M. Briggs PhD

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How to Stay Younger Longer Scientists agree that preventing brain deficits will always be easier than restoring them. This book outlines strategies and practical applications you can implement immediately to preserve brain function. Are you concerned about how your brain will function as you age? Start now age-proofing your brain!

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