

"Reliable information on how to minimize cognitive decline with age . . .  
I highly recommend." —JANE BRODY, *THE NEW YORK TIMES*

# Staying Sharp



**9 KEYS** for a **YOUTHFUL BRAIN** through  
**MODERN SCIENCE** and **AGELESS WISDOM**

**HENRY EMMONS, MD**

*Author of **The Chemistry of Joy** and **The Chemistry of Calm***

and **DAVID ALTER, PhD**

Henry Emmons MD and

## Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom



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The book Dr. Christiane Northrup promised "Collectively they demonstrate how to blend the best of modern research and Eastern holistic medication to form a robust drug-free program which will maintain a youthful brain and a happy life. Henry Emmons and David Alter present that lively aging is at reach. Alter have taken their knowledge and translated the fundamentals of brain research into an easy to get at assortment of the nine important lessons proven to preserve and strengthen mental acuity. t as difficult to keep as one might think that. Combining the most recent neuroscience research with age-previous wisdom about resilience, mindfulness, and stress reduction, Drs. Staying Sharp may be the practical guidebook for building and keeping a sharpened, healthy, and vibrant mind. changes your mind and your brain in the best possible way," (THE BRAND NEW York Times) so you can live more joyfully, age even more gracefully, and build intimacy in your relationships, no matter what your actual age. Emmons and Dr. A solid memory and a wholesome mind aren' Filled with easy-to-understand theories and practical exercises to work out your brain, Staying Sharp provides you with "reliable here is how to minimize cognitive decline" With more than fifty-five years of mixed experience in the areas of neuroscience and psychiatry, Dr.



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This Book Is Excellent for everybody Who Feels Their Memories Are Not AS EFFECTIVE AS They Once Were I actually haven't finished this book yet, but I'll say, that up to now it is great. I've been diagnosed with cognitive impairment, but after my neuropsych check my neurologist says I definitely don't have Alzheimer's, thank God. Fascinating, Informative and Practical (I received the Kindle version of this book, free of charge, from Netgalley in return for an honest independent review. I like it so much that I'm going to purchase our library a duplicate for Adopt-a-Reserve month. The authors do an incredible work of explaining some highly complex subjects -( I mean, can one obtain more complex than the brain?. Perhaps simply because a senior interested in medical issues, I have just read too much on the topic. Which means this is an excellent overview for those not really acquainted with the basics of brain functioning and maintaining cognitive capacities. May be reassuring for a few seniors who believe they're "shedding it" or already have Alzheimers when actually their complications are within the normal range. One thing I long ago realized is that we seniors often attach significance to memory slips or episodes of confused thinking which we most likely experienced when adults but passed off as "no big deal" in the past. Often younger family members reassure me they do the same dumb stuff (losing keys, obtaining directions mixed up). The largest change that I see in myself and various other seniors is our processing velocity for new information slows down. Emmons are worthwhile reading.) in an exceedingly interesting and readable fashion. I've .. I've reached an age (67) where I would like to continue to grow, to learn, to always be curious, ask tons of queries, and be interested in anything new. Also included are concepts for flexibility of brain, empathy, being positive plus a great many other sections relating to how "the mind and mind effect health insurance and daily functioning". Not just individuals reaching middle existence that it looks aimed at, but also younger people - who as well can learn much from the advice given, and who may decide to buy another copy because of their older relatives, or friends who are about to retire. But I'm I'm working on getting my memory space back up to snuff, which publication is helping.)A remarkable publication on how the mind works, and how exactly to keep it attempting to its full capacity. Although containing a massive amount of breathtaking material, it really is written within an easy, occasionally amusing, and always riveting design. Each chapter can be prefaced with "Key Ideas", and split up into small sections, all obviously labelled. I strongly advise having web page markers ready to insert, as there are lots of sections right here that you are going to desire to revisit.Following an explanation of how the brain works , including new research and discoveries about it, the 9 key lessons of the "Youthful Brain Plan" are explored. I especially loved the significance that the authors positioned on meditation and mindfulness. This is a well written and helpful book. In each section there are plenty of reasons given as to the reasons the activities recommended, including mindfulness, are good for the brain, including references to analyze and further resources. Why is this book particularly unique, is the number and selection of suggestions directed at help the reader improve/maintain mind function, for example in the motion chapter a variety of recommendations are given for those that like to do a lot of exercise right through to the people who just want to create one small modification, like standing up more often.This book is packed full of so much fascinating, informative, motivating and realistic ideas that it's impossible here, in a few words, to spell it out it with justice. Suffice to say that I think this is a publication that everyone will reap the benefits of and revel in. I've read some of this materials in other areas but this is a well done presentation of helpful suggestions. Loved this! Great delivery. My own I'm sure to keep using for a long time to come. This is a well written and helpful book. The chapters flow very well and build on the preceding chapter. Great read! Great

ideas. Highlights some flawed considering I've had .. He stated it was readable and he has tried some of the techniques. Refer visitors to them all the time. Points out some flawed considering I've had about your brain and described some traps I've seen others fall into Keep composing more books Dr. Emmons I love most of Dr. Emmons' books. Great ideas. Another great guide for a wholesome mind and a wholesome life. Boring. Extremely readable, informative and beyond useful. Boring. informative and beyond useful. Great Book and Good Researched Great book with valuable information for maintaining your brain sharp and alert once we age. Included in these are sections on exercise, excellent nutrition advice (just what I acquired been searching for) and sleep, explaining why they are so essential for the brain, with tips on how best to improve each. Still make reference to this book over and over to impress its points in my life. Looks good I have not yet go through this reserve from cover to cover; Worthwhile Ever publication written by Dr.. Great overview for novice to topic I expected more original materials after reading all of the strong reviews.and not GET OLD AND STODGY. My 87 year aged father loved this book My 87 year old father loved this reserve.. but what I have skimmed over, looks excellent! We'll still make it happen but we don't desire someone acceleration talking at us! Staying Sharp Haven't read it however! Guess I'm not sharpened yet. This is a wonderful book.



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