



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

*MD, Henry Emmons, PhD, David Alter*

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**Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom** MD, Henry Emmons, PhD, David Alter

From the author of *The Chemistry of Joy* and *The Chemistry of Calm* comes a practical guidebook for building and maintaining a sharp, healthy, and vibrant mind.

A strong memory and a healthy brain aren't as difficult to maintain as one might think; combining the latest neuroscience research with age-old wisdom about resilience, mindfulness, and stress reduction, Drs. Henry Emmons and David Alter show that vibrant aging is within reach. Together they demonstrate how to blend the best of modern science and Eastern holistic medicine together to form a powerful drug-free program to maintain a youthful mind and a happy life.

With more than fifty-five years of combined experience in the fields of neuroscience and psychiatry, Dr. Emmons and Dr. Alter have taken their expertise and translated the fundamentals of brain science into an easily accessible collection of the nine key lessons proven to preserve and strengthen mental acuity. Filled with easy to understand theories and practical exercises to work out your brain and mind, *Staying Sharp* provides you with a blueprint to live more joyfully, age more gracefully, and build intimacy in your relationships, no matter what your age.

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