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John J. Ratey takes a fascinating look at the relationship between exercise and brain function. Citing numerous scientific studies as well as various anecdotal stories, Ratey looks at the benefits of exercise relative to learning, stress, anxiety, depression, attention deficit, hormonal changes,

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shrivels (atrophies) with inactivity. The
more exercise and more INTENSE the
exercise is the more the brain grows.

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SPARK - Gaslight Media

Spark: The Revolutionary New
Science of Exercise and the Brain
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Hardcover, 304 pages. Author(s):
John J. Ratey, Eric Hagerman. ISBN:
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In Spark: The Revolutionary New Science of Exercise and the Brain, Dr. John J. Ratey turns this idea onto its proverbial head. Within the pages of the book, Dr. Ratey looks at multiple studies showing that exercise actually has a hugely significant effect on the brain.

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Ratey discusses how exercise is strongly related to better learning, reducing stress, combatting anxiety and addiction, improving hormones and reducing the impacts of the aging process.

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This is the reason Author John Ratey, who is a professor of psychiatry at Harvard Medical School wrote the book Spark: The revolutionary new science of exercise & the brain. In this book, Author John Ratey explained very clearly how the body and mind related to each other and how exercise

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John Ratey's Spark Book Summary |
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John Ratey is a psychiatry prof at
Harvard Med School. His book Spark:
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Exercise and the Brain [Amazon] is
about the tremendous benefits of
exercise, specifically cardio-intensive
activities like running and biking.

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Dr. John Ratey Excerpt from Spark,
The Revolutionary Science of Exercise
and the Brain CHAPTER 1 The first
chapter discusses the benefits of
exercise using Naperville Central High
School as a case study.

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Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, which has put this school district of 19,000 kids first in the world of science test scores), Spark is the first book to explore comprehensively the connection

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between exercise and the brain. It will
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about your morning run---or, for that
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