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YOUNGER - a book by Eric R.  
Braverman, M.D. is a wealth  
of information about how the  
youth and vitality of the  
the brain affects the health  
of the body in general..."If  
you are not internally  
young, then you are not  
truly young or healthy."

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You: Unlock the Hidden Power  
of Your Brain to Look and  
Feel 15 Years Younger  
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Description Break the aging  
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to stay young and feel fit,  
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Hidden Power Of Your Brain  
To Look . . . .

Break the aging code and feel 15 years younger—from the inside out. In the constant battle to stay young and feel fit, we will try any of the quick fixes that come on the market, including so-called miracle products, fad diets, trendy exercise programs, and untested supplements. Many even risk elective surgical procedures just to look young again.

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Younger you : unlock the hidden power of your brain to look and feel 15 years younger. [Eric R Braverman] -- "Dr. Braverman reveals how controlling brain hormones through diet, lifestyle changes, key vitamins, minerals, and nutritional supplements can halt the aging process.

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It turns out that there is a whole array of "secret" films hidden on the site, that you have been missing out on - until now. 2

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Netflix has a whole host of secret films, and you just need ...

## Younger

Break the aging code and feel 15 years younger—from the inside out. "Focusing on the critical role of hormones produced by the brain, Dr. Braverman outlines a totally integrative program to restore hormonal balance and thereby restore readers to a younger, healthier, and more vital self, regardless of chronological age."

--Nicholas Perricone, M.D.,  
FACN, Bestselling author of  
7 Secrets to Beauty, Health,

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and Longevity, The Perricone  
Weight-Loss Diet, The  
Perricone Promise, The  
Perricone Prescription, and  
The Wrinkle Cure "Younger  
You is an interesting and  
logical approach to  
preventing, diagnosing, and  
modifying the aging  
process." --Isadore  
Rosenfeld, M.D., Rossi  
Distinguished Professor of  
Clinical Medicine, New York  
Hospital Weil Cornell  
Medical Center, and author  
of Live Now, Age Later,  
Power to the Patient, and  
Doctor, What Should I Eat?  
"Just as Dr. Braverman says,  
we are only as young as our  
oldest part. This book is  
not just for us, but for our

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children, who can make changes to their diet and lifestyle now and reap the rewards later." --David Perlmutter, M.D., FACN, Director, Perlmutter Health Center and author of The Better Brain Book \ For more information visit [YoungerYouBook.com](http://YoungerYouBook.com).

No one can avoid gray hair and wrinkles, but what about preventing the brain from aging? Dr. Eric Braverman, "America's Brain Doctor" and bestselling author has created a simple, science-based plan that can help prevent the worst mental side effects of aging: memory loss, cognitive



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decline, and mood changes. Dr. Braverman distills 35 years of research and clinical experience into a 6-step program that helps spur neurogenesis: growing new brain cells as one ages. By following the plan, readers can self-detect cognitive decline, reverse it, and boost the brain's power and speed. In *Younger Brain, Sharper Mind*, readers will discover: The Braverman Brain Advantage Test—a fast and simple way to assess attention span, memory, and cognitive function Special foods scientifically proven to support brain function A comprehensive set of exercises—for both body and

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brain—designed to keep  
readers healthy and  
functioning at a high level  
even as the years go by

Outlines new approaches to  
networking that reflect  
shifting cultural values and  
improved digital  
technologies, sharing  
instructional case studies  
and practical tips for  
network building using  
online social media and in-  
person interactions.

New research in nutrition  
and weight loss has revealed  
an amazing discovery: the  
brain—virtually neglected in  
all other diet plans—is the  
most important organ in

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diets. Dieters can actually lose weight by eating foods, nutrients, teas, and spices that change the chemical balance of the brain for permanent weight loss—a major factor contributing to how quickly the body ages. In fact, everyone can take years off their age by changing their brain chemistry. In *Younger (Thinner) You Diet*, Dr. Eric Braverman expands upon concepts introduced in *Younger You* to present a totally new approach to lifelong weight management, where the key is not found in counting carbs, fat grams, or calories. Obesity is a brain chemical

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imbalance, an addictive disorder, treated successfully only through the combined approach of diet, nutrients, and hormones. One of the foremost experts in integrative medicine, known for his work on the brain-body connection, Dr. Braverman teaches readers: - which foods naturally boost the body's production of dopamine, the chemical in the brain that tells the body to start its fat-burning engine - how to choose foods, supplements, teas, and spices—even hormones and medicine—to avoid the effects of other aging organs that can

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destroy one's metabolism -  
how to personalize the diet  
for specific health  
concerns, such as heart  
problems, aging skin, weak  
muscles, and achy joints  
Eliminating the frustration  
and deprivation of  
conventional dieting,  
Younger (Thinner) You Diet  
will help anyone turn back  
the clock to a slimmer,  
healthier, younger you.

Being a teen or tween isn't  
easy for anyone but it can  
be especially tough for  
Asperkids. Jennifer O'Toole  
knows; she was one! This  
book is a top secret guide  
to all of the hidden social  
rules in life that often

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seem strange and confusing to young people with Asperger syndrome. The Asperkid's (Secret) Book of Social Rules offers witty and wise insights into baffling social codes such as making and keeping friends, blending in versus standing out from the crowd, and common conversation pitfalls. Chock full of illustrations, logical explanations, and comic strip practice sessions, this is the handbook that every adult Aspie wishes they'd had growing up. Ideal for all 10-17 year olds with Asperger syndrome, this book provides inside information on over thirty social rules

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in bite-sized chunks that older children will enjoy, understand, and most importantly use daily to navigate the mysterious world around them.

Dr. Braverman, a leading figure in the practice of brain-body health care, reveals the dramatic impact that proper brain nourishment can have on the quality of lives. His key to longevity and well-being is balancing the brain's four important neurotransmitters.

When psychiatrist and dream scholar Dr. Elena Burroughs discovers a pattern of dreams that predicts an

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imminent financial collapse, she reluctantly teams up with a skeptical scientist in an attempt to avert catastrophe.

Nate Williams was found wandering alone in the woods at the age of six. He suffers a heart attack at the age of seventeen, which profoundly changes his body and soul—he becomes a shifter, assuming the shape of a wolf. He is sent to the Noble College, where changing into an animal is normal and classes are about altering the weather or changing nature rather than math. Nate quickly realizes that there is more going on



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at Noble than meets the eye. When a series of murders around the country threaten the secrecy of the Hidden World, Nate and his friends take it upon themselves to figure out what is going on and bring the killers to justice.

Disturbing phenomena are everywhere we turn and this book is jam-packed with facts that will truly horrify you but undoubtedly entertain and educate at the same time. From the ugly truth about food and drink, to the human body exposed to the beastly tales of creatures that outnumber us - no subject is off limits.

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Did you know there is a sneaky fish that can swim up your genitals? Or that the average human loses 85,000 brain cells each day? If not, read on - there's plenty more where that came from.

Fact: Chocolate contains the alkaloid theobromine, which in high doses can be toxic to humans, and in even small amounts can kill dogs, parrots, horses, and cats. This means that despite its name, the Kit-Kat candy bar is not a recommended snack for your kitty-cat. I wonder how many cats have died because of this confusion.

Fact: The most germ-laden

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place on your toilet isn't the seat or even the bowl--it's the handle. The solution: Don't flush. Let the next guy worry about it. There are "just the facts"--and then there are just the facts that will frighten the bejeezus out of you. And thanks to this little gem of a bathroom book, you'll never look at the world the same way again, without, er, dry heaving a little bit. From the sneaky fish that can swim up our genitals to the E. coli bacteria lurking in the very water we drink, disturbing phenomena are everywhere we turn. Educational, entertaining,

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and undeniably horrifying,  
this book isn't guaranteed  
to help you, um, go to the  
bathroom, but it's certain  
to make your time there  
more...informed.

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