



Boost Your Brain: The New Art and Science Behind Enhanced Brain Performance

Majid Fotuhi

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The human brain can actually grow - and a bigger brain means better memory, creativity, speed of learning, and ability to concentrate.

In *Boost Your Brain*, Majid Fotuhi, MD, PhD, guides you through the innovative brain fitness program that he has developed for his patients at the Brain Center, an institute dedicated to helping people quickly sharpen their brain performance. You start the program with an assessment of your current brain health and then are given specific brain-fit strategies proven to promote brain acuity and longevity, detailing the latest scientific evidence behind each. Concrete advice is given on how to spur new cell growth, which foods help to build new synapses, what creates brain reserve, and more. Dr. Fotuhi also highlights key behaviors to avoid - explaining, for example, how one common sleep disorder can shrink your brain's memory and attention centers by as much as 18 percent!

Dr. Fotuhi brings together the latest brain science discoveries about neuroplasticity, which show not only that the size of the brain can be increased within a matter of weeks - resulting in better focus, memory, and creativity - but that the increase can be scientifically measured. *Boost Your Brain* is the only book that uses groundbreaking advances in neuroscience to present a clear explanation and prescriptive plan for how to access the benefits of significantly enhanced brain performance - at any age.

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