



Think Smart: A Neuroscientist's Prescription for Improving Your Brain's Performance

Richard Restak

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From a renowned neuroscientist and bestselling author comes a book that shows readers how to improve and tone the brain.

In the last five years, there have been exciting new scientific discoveries about the brain, its function, and its performance. In this fascinating, entertaining book, brain expert Dr. Richard Restak has asked his colleagues-the world's leading brain scientists and researchers-an important question: What can I do to help my brain work more efficiently? Their surprising answers are at the heart of *Think Smart*. In his characteristically accessible style, Restak explains the latest scientific discoveries about our brain and gives readers strategies on how they can keep their most powerful organ in top condition and fight off its decline.

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