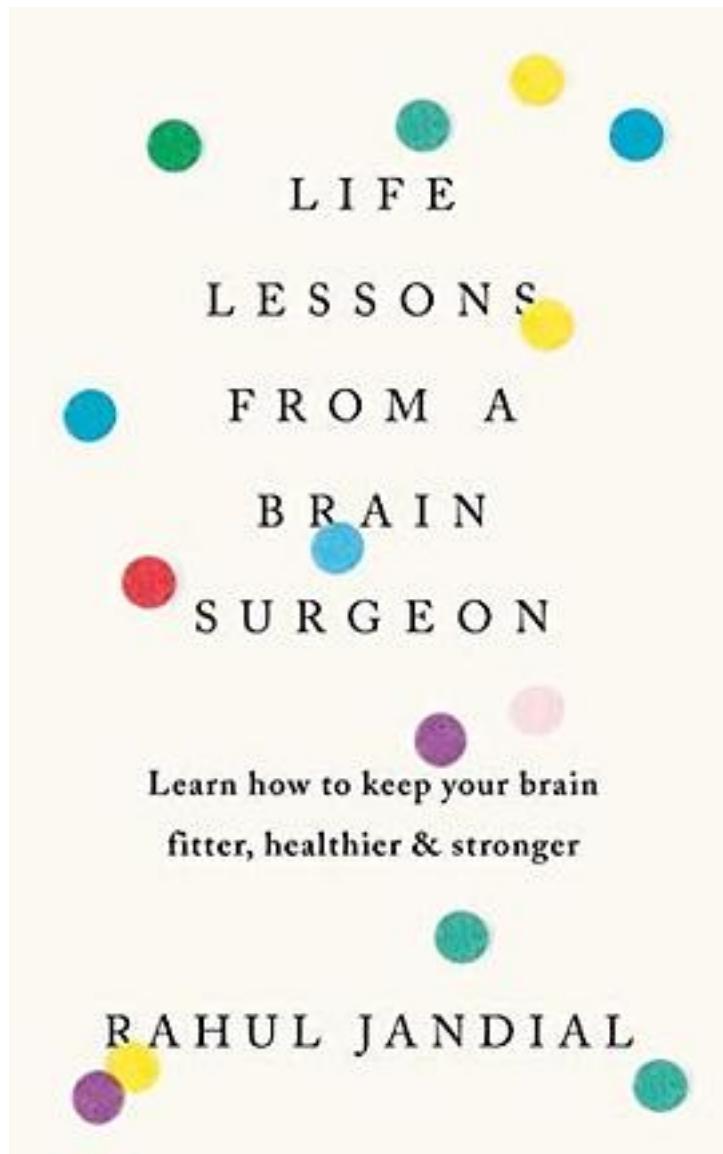


Life Lessons from a Brain Surgeon: Learn how to keep your brain fitter, healthier & stronger



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An easy and accessible guide to boosting your brain power by an acclaimed neurosurgeon and neuroscientist. For years Dr Rahul Jandial has transformed the lives of his neurosurgery patients by putting them through 'brain rehab', his specially developed boot camp for restoring brain function. In this eye-opening, informative and accessible guide, he uses his years of expertise to show how healthy people can rewire their brains to work in a higher gear. With quick and easy daily exercises, *Life Lessons from a Brain Surgeon* will show you how to:

- boost your memory
- control stress and emotions
- minimize pain
- unleash creativity
- raise smart kids
- reduce the risk of Alzheimer's

Using a combination of scientific research and fascinating real-life stories from his own operating room, acclaimed neurosurgeon Rahul Jandial explains how to boost your brain power for good.

作者介绍:

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