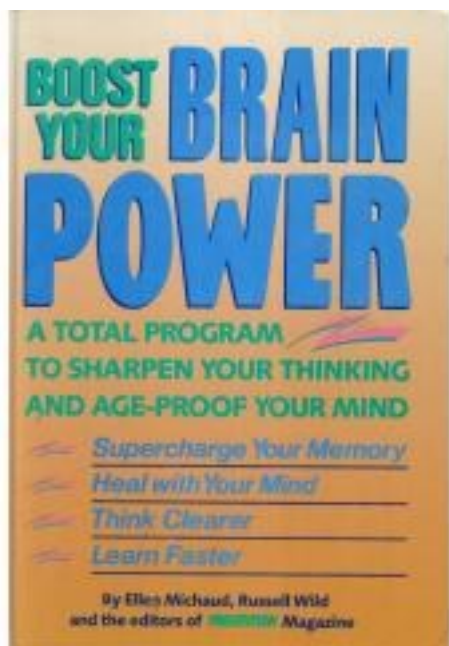


# Boost Your Brain Power: A Total Program to Sharpen Your Thinking and Age-Proof Your Mind



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Noted health writers Ellen Michaud and Russell Wild offer advice and guidance in getting and keeping your brain in tip-top shape. Boost Your Brain Power is a virtual encyclopedia of mental self-improvement, covering all aspects from memory to brain nutrition.

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