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KEY=MIND - JAIRO LOWERY

Power Foods for the Brain An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory *Balance* Strengthen your memory with New York Times bestselling author Dr. Neal Barnard's simple 3-step plan to protecting your brain with your diet. Could your breakfast or lunch be harming your memory? Are you missing out on the foods that could prevent Alzheimer's disease? Everyone knows good nutrition supports your overall health, but few realize that certain foods-power foods-can protect your brain and optimize its function, and even dramatically reduce your risk of Alzheimer's Disease. Now, New York Times bestselling author, clinical researcher and health advocate Dr. Neal Barnard has gathered the most up-to-date research and created a groundbreaking program that can strengthen your memory and protect your brain's health. In this effective 3-step plan Dr. Barnard reveals which foods to increase in your diet and which to avoid, and shows you specific exercises and supplements that can make a difference. It will not only help boost brain health, but it can also reduce your risk of Alzheimer's disease, stroke, and other less serious malfunctions such as low energy, poor sleep patterns, irritability, and lack of focus. You'll discover: The best foods to increase cognitive function Dairy products and meats-the dangers they may pose to your memory The surprising roles alcohol and caffeine play in Alzheimer's risk The latest research on toxic metals, like aluminum found in cookware, soda cans, and common antacids. Plus a detailed menu plan, recipes and time-saving kitchen tips **Power Foods for the Brain An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory** Could that glass of milk affect your memory? Is that aluminum can increasing your risk for Alzheimer's disease? Can a banana be a brain booster? Everyone knows that good nutrition supports your overall health, but did you know that certain foods can protect your brain and optimize its function? In this book the author has gathered research and studies to deliver a program that can boost brain health, reducing the risk of Alzheimer's disease, stroke, and other less serious malfunctions, including low energy, poor sleep patterns, irritability, and lack of focus. The plan includes information on: The best foods to increase cognitive function and boost folate, vitamin B6, and vitamin B12 ; The dangers dairy products and meats may have on memory ; The role alcohol plays in Alzheimer's risk ; The latest research on certain toxic metals, like aluminums found in cookware, soda cans, and common antacids ; Plus, 50-75 recipes and timesaving kitchen tips. **Power Foods for the Brain An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory** *Hachette UK* Strengthen your memory with New York Times bestselling author Dr. Neal Barnard's simple 3-step plan to protecting your brain with your diet. Could your breakfast or lunch be harming your memory? Are you missing out on the foods that could prevent Alzheimer's disease? Everyone knows good nutrition supports your overall health, but few realize that certain foods-power foods-can protect your brain and optimize its function, and even dramatically reduce your risk of Alzheimer's Disease. Now, New York Times bestselling author, clinical researcher and health advocate Dr. Neal Barnard has gathered the most up-to-date research and created a groundbreaking program that can strengthen your memory and protect your brain's health. In this effective 3-step plan Dr. Barnard reveals which foods to increase in your diet and which to avoid, and shows you specific exercises and supplements that can make a difference. It will not only help boost brain health, but it can also reduce your risk of Alzheimer's disease, stroke, and other less serious malfunctions such as low energy, poor sleep patterns, irritability, and lack of focus. You'll discover: The best foods to increase cognitive function Dairy products and meats-the dangers they may pose to your memory The surprising roles alcohol and caffeine play in Alzheimer's risk The latest research on toxic metals, like aluminum found in cookware, soda cans, and common antacids. Plus a detailed menu plan, recipes and time-saving kitchen tips **Brain Food The Surprising Science of Eating for Cognitive Power** *Penguin* How to eat for maximum brainpower and health, from an expert in both neuroscience and nutrition. "Powerful advice on how to eat for maximum brainpower." --Mark Hyman, MD, New York Times--bestselling author of Eat Fat, Get Thin In this eye-opening book, Dr. Lisa Mosconi, a neuroscientist and integrative nutritionist, explains why the dietary needs of the brain are different from those of other organs. Her innovative approach to cognitive health encompasses a complete food plan, including comprehensive lists of what to eat and what to avoid as well as information to help you determine where you are on the brain-health

spectrum. Brain Food can help improve memory, prevent cognitive decline, eliminate brain fog, and lift depression. "Incredible." --Maria Shriver "This fascinating book not only reveals the science behind neuro-nutrition, it shows us what we could be eating for maximum brain power." --Sara Gottfried, MD, New York Times bestselling author of *Younger*, *The Hormone Reset Diet*, and *The Hormone Cure* "An empowering resource for anyone who wants to take their brain health into their own hands (and spoons and forks)." --Kelly McGonigal, PhD, author of *The Willpower Instinct*, *The Upside of Stress*, and *The Joy of Movement*

The XX Brain The Groundbreaking Science Empowering Women to Maximize Cognitive Health and Prevent Alzheimer's Disease *Penguin* The instant New York Times bestseller! "In *The XX Brain*, Lisa meticulously guides us in the ways we can both nourish and protect ourselves, body and mind, to ensure our brains remain resilient throughout our lives." --from the foreword by Maria Shriver The first book to address cognitive enhancement and Alzheimer's prevention specifically in women--and to frame brain health as an essential component of Women's Health. In this revolutionary book, Dr. Lisa Mosconi, director of the Women's Brain Initiative at Weill Cornell Medical College, provides women with the first plan to address the unique risks of the female brain. Until now, medical research has focused on "bikini medicine," assuming that women are essentially men with breasts and tubes. Yet women are far more likely than men to suffer from anxiety, depression, migraines, brain injuries, and strokes. They are also twice as likely to end their lives suffering from Alzheimer's disease, even when their longer lifespans are taken into account. But in the past, the female brain has received astonishingly little attention and was rarely studied by medical researchers-- resulting in a wealth of misinformation about women's health. *The XX Brain* confronts this crisis by revealing how the two powerful X chromosomes that distinguish women from men impact the brain first and foremost and by focusing on a key brain-protective hormone: estrogen. Taking on all aspects of women's health, including brain fog, memory lapses, depression, stress, insomnia, hormonal imbalances, and the increased risk of dementia, Dr. Mosconi introduces cutting-edge, evidence-based approaches to protecting the female brain, including a specific diet proven to work for women, strategies to reduce stress, and useful tips for restorative sleep. She also examines the controversy about soy and hormonal replacement therapy, takes on the perils of environmental toxins, and examines the role of our microbiome. Perhaps best of all, she makes clear that it is never too late to take care of yourself. *The XX Brain* is a rallying cry for women to have full access to information regarding what is going on in their brains and bodies as well as a roadmap for the path to optimal, lifelong brain health.

Diet for the MIND The Latest Science on What to Eat to Prevent Alzheimer's and Cognitive Decline -- From the Creator of the MIND Diet *Little, Brown Spark* From the creator of the MIND diet, the authoritative guide to eating for a healthy brain and optimal cognitive function. Several factors play into whether you will suffer from cognitive decline and develop Alzheimer's disease -- lifestyle, health conditions, environment, and genetics, for example. But now there is scientific evidence indicating that diet plays a bigger role in brain health than we ever thought before. In *Diet for the MIND*, one of the leaders in this research provides an easy, non-invasive, and effective way to prevent cognitive decline and reduce the risk of Alzheimer's disease through diet and lifestyle. There are specific foods and nutrients that are important for keeping the brain functioning optimally, and also foods to limit because they can cause brain injury. With 80 delicious recipes for every occasion, *Diet for the MIND* is your roadmap to a healthy brain -- for life.

Plants and the Human Brain *Oxford University Press* We're all familiar with the idea that plant-derived chemicals can have an impact on the functioning of the human brain. Most of us reach for a cup of coffee or tea in the morning, many of us occasionally eat some chocolate, some smoke a cigarette or take an herbal supplement, and some people use illicit drugs. We know a great deal about the mechanisms by which the psychoactive components of these various products have their effects on human brain function, but the question of why they have these effects has been almost totally ignored. This book sets out to describe not only how, in terms of pharmacology or psychopharmacology, but more importantly why plant- and fungus-derived chemicals have their effects on the human brain. The answer to this last question resides, in part, with the terrestrial world's two dominant life forms, the plants and the insects, and the many ecological roles the 'secondary metabolite' plant chemicals are trying to play; for instance, defending the plant against insect herbivores whilst attracting insect pollinators. The answer also resides in the intersecting genetic heritage of mammals, plants, and insects and the surprising biological similarities between the three taxa. In particular it revolves around the close correspondence between the brains of insects and humans, and the intercellular signaling pathways shared by plants and humans. *Plants and the Human Brain* describes and discusses both how and why phytochemicals affect brain function with respect to the three main groups of secondary metabolites: the alkaloids, which provide us with caffeine, a host of poisons, a handful of hallucinogens, and most drugs of abuse (e.g. morphine, cocaine, DMT, LSD, and nicotine); the phenolics, including polyphenols, which constitute a significant and beneficial part of our natural diet; and the terpenes, a group of multifunctional compounds which provide us with the active components of cannabis and a multitude of herbal extracts such as ginseng, ginkgo and valerian.

Nutrition Guide for Clinicians *Pcrm* Designed by medical professionals, this manual is a comprehensive, portable medical reference that covers nearly one hundred diseases and conditions, including risk factors, diagnoses, and typical treatments. Most importantly, it provides the latest evidence-based information on nutrition's role in prevention and treatment.

Keep Sharp Build a Better Brain at Any Age *Simon and Schuster* Keep your brain young, healthy, and sharp with this science-driven guide to protecting your mind from decline by neurosurgeon and CNN chief medical correspondent Dr. Sanjay Gupta. Throughout our life, we look for ways to keep our minds sharp and effortlessly productive. Now, globetrotting neurosurgeon Dr. Sanjay Gupta offers "the book all of us need, young and old" (Walter Isaacson, #1 New York Times bestselling author of *The Code Breaker*) with insights from top scientists all over the world, whose cutting-edge research can help you heighten and protect brain function and maintain cognitive health at any age. *Keep Sharp* debunks common myths about aging and mental decline, explores whether there's a "best" diet or exercise regimen for the brain, and explains whether it's healthier to play video games that test memory and processing speed, or to engage in more social interaction. Discover what we can learn from "super-brained" people who are in their eighties and nineties with no signs of slowing down—and whether there are truly any benefits to drugs, supplements, and vitamins. Dr. Gupta also addresses brain disease, particularly Alzheimer's, answers all your questions about the signs and symptoms, and shows how to ward against it and stay healthy while caring for a partner in cognitive decline. He likewise provides you with a personalized twelve-week program featuring practical strategies to strengthen your brain every day. *Keep Sharp* is the "must-read owner's manual" (Arianna Huffington) you'll need to keep your brain young and healthy regardless of your age!

The Hungry Brain Outsmarting the Instincts That Make Us

Overeat *Flatiron Books* A Publishers Weekly Best Book of the Year From an obesity and neuroscience researcher with a knack for engaging, humorous storytelling, *The Hungry Brain* uses cutting-edge science to answer the questions: why do we overeat, and what can we do about it? No one wants to overeat. And certainly no one wants to overeat for years, become overweight, and end up with a high risk of diabetes or heart disease--yet two thirds of Americans do precisely that. Even though we know better, we often eat too much. Why does our behavior betray our own intentions to be lean and healthy? The problem, argues obesity and neuroscience researcher Stephan J. Guyenet, is not necessarily a lack of willpower or an incorrect understanding of what to eat. Rather, our appetites and food choices are led astray by ancient, instinctive brain circuits that play by the rules of a survival game that no longer exists. And these circuits don't care about how you look in a bathing suit next summer. To make the case, *The Hungry Brain* takes readers on an eye-opening journey through cutting-edge neuroscience that has never before been available to a general audience. *The Hungry Brain* delivers profound insights into why the brain undermines our weight goals and transforms these insights into practical guidelines for eating well and staying slim. Along the way, it explores how the human brain works, revealing how this mysterious organ makes us who we are.

Boost Your Brain Power in 60 Seconds The 4-Week Plan for a Sharper Mind, Better Memory, and Healthier Brain *Rodale* Scientists are predicting that within 8 years, brain disease will kill or disable more people than cancer and heart disease combined. Given this shocking new research, we urgently need to know how to protect and improve our brain health. In *Boost Your Brain Power in 60 Seconds*, Dr. Michelle Schoffro Cook aims to turn this prediction around with her prescriptive—and proven—plan. Several years ago, Dr. Cook was in a terrible car accident in which she suffered a brain injury, resulting in cognitive impairment, partial paralysis in her left arm, and severe migraines. Utilizing her expertise in natural medicine, Dr. Cook developed a program that improved her memory, cured her migraines, and reversed her arm paralysis. After her recovery, she continued to research natural methods to improve memory, reduce memory loss, and prevent degenerative brain diseases. *Boost Your Brain Power in 60 Seconds* an easy, customizable, 4-week plan filled with fun, doable tips you can execute in just 60 seconds a day, including 50 delicious recipes featuring brain-boosting super foods, success stories, and a self-assessment quiz.

Eat to Beat Disease The New Science of How Your Body Can Heal Itself *Balance* Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in *Eat to Beat Disease*. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. *Eat to Beat Disease* isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, *Eat to Beat Disease* explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

Brain Foods for Kids Over 100 Recipes to Boost Your Child's Intelligence: A Cookbook *Delta* After writing several award-winning health and nutrition titles that have had great success in the UK, Nicola Graimes makes her debut in the US market with the first book to focus on children and brain power and the foods that truly can improve intelligence and those that can hinder it. With her exciting positive twist on the link between the food that children eat and their mental development, Graimes offers parents new ways and reasons to give their children (from pregnancy through primary school) and the essential foods and nutrients they require. *BRAIN FOODS FOR KIDS* includes: -A clear and easy-to-follow introduction to the principles of good childhood nutrition and information on all the latest science on brain-boosting foods -Practical, kid-tested advice on incorporating the essential foods into a child-friendly diet -Special "brain-box" features to explain the health-giving, mind-boosting properties of each of the featured dishes -Teaches how to recognize foods containing additives and pesticides, and how to choose healthy, nutritious ingredients -Advice on using diet to control and avoid behavioral problems such as ADHD Graimes divides the book into two sections. The first is full of advice, bursting with color photographs and helpful scientific facts as palatable for adult readers as the recipes are for their children. The second part covers more than 100 recipes for every meal of the day, parties, picnics, and plenty of delicious snacks. And the perforated at-a-glance weekly menu planner can be torn out for posting on the fridge.

Food for Your Brain A Guide to Eating Smart, Staying Mentally Sharp and the Best Diet to Increase the Health and Power of Your Brain Do you sometimes feel that you're less sharp than you could be? Or do you feel that your mental energy isn't where you want it to be? Did you know that you can change the way that you think and feel by changing what you eat? And most importantly - it's something you need to start doing right now. It's hard to know what's meant to be healthy. If you ever read the news, all too often you'll see headlines praising a food one day, and then condemning it the next. You'll see people selling you miracle cures for conditions that they've invented. You'll realise that powerful industries control the information that's given the most airtime, and that ultimately, you're better off trying to find out the truth for yourself. My name is Aisha Summers, and over my lifetime involvement in the nutrition industry, I've learned that the only way to truly empower yourself is through knowledge. Your health is in your own hands, and true health can be built on knowledge. In my book, *Food for your brain*, here's just a small part of the things we'll cover: The best diet to maintain a healthy brain throughout your whole life. The worst things for your brain - the foods you really need to avoid. The surprising science that reveals the links between your diet and your mental health. How changing your understanding of nutrition will mean that the changes you make to your diet will stick. It's not just what kind of food that you eat - but the quantities and timing make a difference as well. The ways to reorientate your life to make sure your brain is at its best, and how food can take a central role. A lot of people feel that the health of your brain is something that you only need to start thinking about when you get old. But the things that you're eating right now, the food that you're putting into your body on a daily basis, is laying the groundwork for how your brain will function in the future. This isn't a problem that can be left to

be dealt with later. Keeping your brain in the best possible health should be your top priority. Take action now, by building your knowledge. This book will provide you with the advice and information that you can immediately put into action for yourself and to help the people you love. **Food for the Brain Diet and Recipes to Keep Your Brain Healthy and Improve Focus** *Essential Health and Wellness* Do you worry about cognitive and mental decline as you get older? Do you worry about dementia? A healthy brain is a key to a high-quality life, especially when you get older. How can we nourish our brain the same way we nourish our bodies? Nature provides for foods that nourish both the body and brain. Most often the focus of the diet is physical nourishment, - muscle building, weight loss, energy, athletic performance, and many others. Similar to foods that help the body, there are many foods that help the brain, improve memory and help slow down the aging process. While it is normal to have your physical and mental abilities somewhat slow down with age, diseases such as Alzheimer's and Parkinson's accelerate these declines even more. As we age, brain function decline accelerates, and more and more brain cells eventually die over time. In a normal brain (one not impacted by Alzheimer's or dementia); your brain may compensate for the loss of nerve cells in many ways: •As the brain loses some of its nerve cells, it attempts to make connections between remaining nerve cells •The brain may form totally new nerve cells especially, in cases, where one is learning a new language, a new musical instrument, or something that has not been done before. Learning something new most often results in new brain connections and new nerve cells. •In addition, some of brain's "unused" or redundant cells come into play as they are now activated Besides losing cells, and brain attempting to compensate them, there may be other impacts to the brain due to age such as: •Blood flow to the brain decreases •Nerve cells may lose some of the signal receptors for messages coming out of senses such as eyes, ear, skin etc. •Nerves conduct/transmit signals more slowly. This can cause a slower response, or increased reaction time or slow reflexes •Short term memory, vocabulary, ability to learn new things are impacted With regular exercises, strength training, practicing martial arts, and other physical activities can arrest the physical decline. This book's primary focus is on managing the decline in mental and brain function through diet and contains the following: •Characteristics of foods that help in keeping your brain healthy and young Brain healthy foods including meats, fruits, vegetables, spices, herbs and seafood •Supplements to improve memory, cognition and support brain health •Mediterranean diet recipe ideas •DASH diet recipe ideas •Asian diet recipe ideas •Brain boosting supplements and recommendations products and dosage •References Food for the brain is an easy read and gives you a number of ideas to keep your brain healthy and is a useful book in your healthy living toolbox. **V for Veg The Best of Philly's Vegan Food Column** *Sullivan Street Press* "The American Vegan Society appreciates Vance Lehmkuhl's distinctive voice in Philadelphia and the valuable work that he does keeping vegan views in front of readers throughout the region." --Freya Dinshah, President, American Vegan Society V for Veg is a collection of the vegan food columns that Vance Lehmkuhl has written over the years for the Philadelphia Daily News. Filled with wit, humor and good information about the vegan/vegetarian plant-based community in Philadelphia, the book covers many of the events, personalities, restaurants, and industries that have grown up in and around Philadelphia. Combining healthful information with a sly, humorous style, Vance Lehmkuhl's book will delight the veg-conscious and may spur many a meat eater to explore the animal-free options now available for feeding all aspects of our lives. **The Body Reset Diet, Revised Edition Power Your Metabolism, Blast Fat, and Shed Pounds in Just 15 Days** *Rodale Books* Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author featured on Khloé Kardashian's *Revenge Body*--now revised with the latest nutrition science and updated recipes. Harley Pasternak has worked with most of Hollywood, whipping celebs into shape for roles and the red carpet and also appearing as a celebrity trainer on *Revenge Body* with Khloé Kardashian. With *The Body Reset Diet*, he introduced his ultimate reset plan to the world, and rebooted readers' systems to set them on the path to thinner, healthier, happier lives. Now he's updating this beloved plan with a new introduction, the latest findings in nutritional science, and new recipes. This three-phase program focuses on the easiest, most effective way to slim down: blending. The five-day jumpstart includes delicious, expertly crafted smoothies, dips, snacks, and soups--all customizable to any preference or diet restriction. Over the following ten days, readers will reintroduce healthy versions of their favorite foods along with the blended recipes, keeping their metabolisms humming. The plan also explains how the easiest form of exercise--walking--along with light resistance training is all it takes to achieve the celebrity-worthy physique that every reader craves. Whether readers are looking to lose significant weight or just those last five pounds, *The Body Reset Diet* offers a proven program to hit the reset button, slim down, and get healthy in just fifteen days--and stay that way for good! **How Not to Die Discover the Foods Scientifically Proven to Prevent and Reverse Disease** *Flatiron Books* From the physician behind the wildly popular NutritionFacts website, *How Not to Die* reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America--heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more--and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug--and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, *How Not to Die* includes Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day.Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives. **The Serotonin Power Diet Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain** *Rodale* Identifies a link between serotonin levels and weight and outlines a twelve-week program of scientifically-balanced

recipes designed to help reduce overeating urges, lose weight, and improve overall moods. **The Brain Fog Fix Reclaim Your Focus, Memory, and Joy in Just 3 Weeks** *Hay House, Inc* Is stress preventing you from enjoying your daily life? Do you find that you're becoming more distracted or forgetful? Are "the blues" sapping your spirits? Or do you simply feel not quite like yourself? If you want to reclaim you focus, memory, and joy, you're not alone. There are millions of people fighting against the epidemic of brain fog that's sweeping the nation. The good news: It's not an irreparable condition; rather it's a side effect of modern-day living. Many of the foods we eat and the habits we have do not support our brains. We no longer get what we need in order to produce essential brain chemicals that keep us energized, calm, focused, optimistic, and inspired. And even worse, our choices could lead to long-term problems, like dementia, Alzheimer's disease, depression, and anxiety. Sadly, if you look at the way most of us live, it seems almost as though we've chosen a lifestyle deliberately intended to undermine our brain chemistry and our health. Fortunately, there is a solution. The Brain Fog Fix is an easy-to-follow three-week program designed to help naturally restore three of your brain's most crucial hormones: serotonin, dopamine, and cortisol. Rebalancing these chemicals will in turn enable the rest of your brain's chemistry to reach optimal levels. Each week of the program focuses on a different element of your life: • In week 1, you'll improve your mood by modifying your diet and using cognitive strategies to overcome pitfall thought patterns. • In week 2, you'll increase your energy by focusing on sleep, exercise, and memory-boosting games. • In week 3, you'll enhance your spirit through practices that help you connect to something larger than yourself and enable you to rediscover your joy in life. By the end of this simple program, you'll be thinking more clearly, remembering more accurately, learning more quickly, and unleashing the floodgates of your creativity. And you'll simply feel better – for now and in the long term. **The MIND Diet A Scientific Approach to Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia** *Simon and Schuster* AN EASY-TO-FOLLOW GUIDE TO THE NEW BREAKTHROUGH DIET THAT'S SHOWN TO IMPROVE YOUR BRAIN HEALTH Enjoying a high quality of life as you get older means taking care of your brain as much as your body. And research suggests that what you eat today will help (or hurt) your cognitive abilities later. The MIND Diet explains the science behind mental fitness in an approachable and understandable way. More importantly, this helpful guide presents an easy-to-follow program for keeping your mind sharp by eating the right foods and avoiding brain-harming ones. Packed with dishes that are not only delicious but also help improve memory, concentration and mental acuity, The MIND Diet's healthy recipes include: • Brussels Sprouts Frittata • Sweet Potato Lentil Soup • Pistachio Mint Couscous • Guacamole-Stuffed Tomatoes • Apricot-Glazed Salmon • Tango Fish Tacos • Banana Chocolate Cookies • Roasted Chicken with Fennel **The Warrior Diet Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body** *North Atlantic Books* Along with the many benefits of leisure-class living comes obesity and its attendant ailments. In The Warrior Diet, Ori Hofmekler looks not forward but backward for a solution-to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple lifestyle overhaul. Drawing on both scientific studies and historical data, Hofmekler argues that robust health and a lean, strong body can best be achieved by mimicking the classical warrior mode of cycling—working and eating sparingly (undereating) during the day and filling up at night. Specific elements from the Warrior Diet Nutritional Program (finding ideal fuel foods and food combinations to reduce body fat) to the Controlled Fatigue Training Program (promoting strength, speed, and resilience to fatigue through special drills), literally reshape body and mind. Individual chapters cover warrior meals and recipes; sex drive, potency, and animal magnetism; as well as personalizing the diet for women. Featuring forewords by Fit for Life author Harvey Diamond and Fat That Kills author Dr. Udo Erasmus, The Warrior Diet shows readers weary of fad diets how to attain enduring vigor, explosive strength, a better appearance, and increased vitality and health. **This Is Your Brain on Food An Indispensable Guide to the Surprising Foods that Fight Depression, Anxiety, PTSD, OCD, ADHD, and More** *Hachette UK* Eat for your mental health and learn the fascinating science behind nutrition with this "must-read" guide from an expert psychiatrist (Amy Myers, MD). Did you know that blueberries can help you cope with the aftereffects of trauma? That salami can cause depression, or that boosting Vitamin D intake can help treat anxiety? When it comes to diet, most people's concerns involve weight loss, fitness, cardiac health, and longevity. But what we eat affects more than our bodies; it also affects our brains. And recent studies have shown that diet can have a profound impact on mental health conditions ranging from ADHD to depression, anxiety, sleep disorders, OCD, dementia and beyond. A triple threat in the food space, Dr. Uma Naidoo is a board-certified psychiatrist, nutrition specialist, and professionally trained chef. In This Is Your Brain on Food, she draws on cutting-edge research to explain the many ways in which food contributes to our mental health, and shows how a sound diet can help treat and prevent a wide range of psychological and cognitive health issues. Packed with fascinating science, actionable nutritional recommendations, and delicious, brain-healthy recipes, This Is Your Brain on Food is the go-to guide to optimizing your mental health with food. **Eat Smarter Use the Power of Food to Reboot Your Metabolism, Upgrade Your Brain, and Transform Your Life** *Little, Brown Spark* Lose weight, boost your metabolism, and start living a happier life with this transformative 30-day plan for healthy eating from the host of the hit podcast The Model Health Show. Food is complicated. It's a key controller of our state of health or disease. It's a social centerpiece for the most important moments of our lives. It's the building block that creates our brain, enabling us to have thought, feeling, and emotion. It's the very stuff that makes up our bodies and what we see looking back at us in the mirror. Food isn't just food. It's the thing that makes us who we are. So why does figuring out what to eat feel so overwhelming? In Eat Smarter, nutritionist, bestselling author, and #1-ranked podcast host Shawn Stevenson breaks down the science of food with a 30-day program to help you lose weight, reboot your metabolism and hormones, and improve your brain function. Most importantly, he explains how changing what you eat can transform your life by affecting your ability to make money, sleep better, maintain relationships, and be happier. Eat Smarter will empower you and make you feel inspired about your food choices, not just because of the impact they have on your weight, but because the right foods can help make you the best version of yourself. **The Science of Fitness Power, Performance, and Endurance** *Academic Press* The Science of Fitness: Power, Performance, and Endurance clearly explains the vital connection between diet and exercise in the human body. With this knowledge, you can use the right exercise and nutrition to obtain a higher quality life, prevent disease, and slow the aging process. Authored in a straightforward style and with color images throughout, this book explores the cellular science behind fitness, protein synthesis, and healthy living. With it you will learn the most recent and important discoveries in the

relationships between physical fitness, nutrition, weight loss, and weight management. It provides key information on the body's mitochondrial processes and their role in aging, along with well-informed discussions on general nutrition, sports nutrition, exercise physiology, how to enhance athletic performance, and how exercise strengthens the mind. Whether you are interested in how to eat healthy, train for your first (or next) marathon, take your fitness to the next level, find the best super foods, or simply want to improve your vitality through healthy, doable practices, this book will help you on your journey regardless of age or fitness level. Presents the connection between exercise, nutrition, and physiology in a way that is ideal for both experienced athletes and newcomers Provides the scientific basis for mitochondrial functions and their relationship to fitness, protein synthesis, quality of life, and the aging process Synthesizes the latest research on nutrition, sports nutrition, super foods, and the brain/body connection Co-Authored by legendary cyclist Greg LeMond, who illustrates key points using his own athletic journey **The Whole Body Reset Your Weight-Loss Plan for a Flat Belly, Optimum Health & a Body You'll Love at Midlife and Beyond** *Simon and Schuster* New York Times Bestseller Stop—and even reverse!—age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and beyond. You don't have to gain weight as you age. That's the simple yet revolutionary promise of The Whole Body Reset, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and reveals how simple changes to the way we eat can halt, and even reverse, age-related weight gain and muscle loss. The Whole Body Reset presents stunning new evidence about the power of “protein timing” for people at midlife—research that blows away current government guidelines, refutes the myth of slowing metabolisms and “inevitable” weight gain, and changes the way people in their mid-forties and older should think about food. The Whole Body Reset explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger. Developed by AARP, tested by a panel of more than 100 AARP employees, and approved by an international board of doctors, nutritionists, and fitness experts, The Whole Body Reset doesn't use diet phases, eating windows, calorie restriction, or other trendy gimmicks. Its six simple secrets and scores of recipes are easy to follow, designed for real people living in the real world. A dining guide even shows how to follow this program in popular restaurants from McDonald's to Starbucks to Olive Garden. And best of all: It works! **Simple Green Smoothies 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body** *Rodale* Jen Hansard and Jada Sellner are on a fresh path to health and happiness--deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party? **Power Foods 150 Delicious Recipes with the 38 Healthiest Ingredients: A Cookbook** *Clarkson Potter* Many of our favorite ingredients—such as berries, tomatoes, and nuts—are among the healthiest foods on earth, and by simply incorporating more of them into our everyday meals, we can all lead healthier lives. Here are 150 fantastic ways to help you do just that. Organized into chapters on breakfast, snacks, sandwiches, soups, salads, main dishes, side dishes, and desserts, the recipes are accompanied by simple instructions and beautiful photographs to keep you inspired to eat well at any time of the day. Stay motivated with tempting recipes such as: Breakfast: Pecan Pancakes with Mixed Berry Compote; Mushroom and Scallion Frittata Starters and Snacks: Sweet Potato Hummus; Beet Chips Sandwiches and Wraps: Salmon Salad and Curried Egg on Multigrain Bread; Kiwifruit Summer Roll Soups and Stews: Golden Pepper Soup; Chili with Chicken and Beans Salads: Quinoa and Corn Salad with Pumpkin Seeds; Endive, Avocado, and Grapefruit Salad. Main Dishes: Citrus-Roasted Salmon with Spring Pea Sauce; Soba Noodle, Tofu, and Vegetable Stir-fry; Turkey Cutlets with Tomatoes and Capers Side Dishes: Cauliflower and Barley Salad with Toasted Almonds; Edamame Succotash Desserts: Lemon Cream with Blackberries; Double Dark Chocolate and Ginger Biscotti. Beyond these wonderful recipes, the editors of Whole Living magazine include research-backed information about the health benefits and disease-fighting properties of 38 power foods, along with nutritional data and helpful tips on storing, preparing, and cooking them. In this one-stop resource, you'll learn all about stocking a healthy pantry, eating seasonally, understanding food labels, and when it's best to splurge for organic ingredients. These 38 Power Foods are: Asparagus, Artichokes, Avocados, Beets, Bell Peppers, Broccoli, Brussels Sprouts, Carrots, Kale, Mushrooms, Spinach, Sweet Potatoes, Swiss Char, Tomatoes, Winter Squash, Apricots, Berries, Citrus, Kiwifruits, Papayas, Pears, Brown Rice, Oats, Quinoa, Dried Beans, Green Peas, Soybeans/Edamame, Almonds, Pecans, Pistachios, Walnuts, Flaxseed, Pumpkin Seeds, Eggs, Yogurt, Sablefish, Rainbow Trout, Wild Alaskan Salmon With 150 quick, flavor-packed recipes using the 38 healthiest foods nature has to offer, Power Foods makes eating well simple—and more delicious than ever before. **SuperLife The 5 Simple Fixes That Will Make You Healthy, Fit, and Eternally Awesome** *Harper Collins* In this groundbreaking health and lifestyle guide, Darin Olien—superfoods expert, nutritionist, creator of Shakeology, and co-host of the Netflix docuseries Down to Earth with Zac Efron—provides the key to understanding and utilizing five life forces, the sole factors that determine whether or not we will be healthy, fit, and free of illness. In Superlife, Darin Olien provides us with an entirely new way of thinking about health and wellbeing by identifying what he calls the life forces: Quality Nutrition, Hydration, Detoxification, Oxygenation, and Alkalization. Olien demonstrates in great detail how to maintain these processes, thereby allowing our bodies to do the rest. He tells us how we can maintain healthy weight, prevent even the most serious of diseases, and feel great. He explains that all of this is possible without any of the restrictive or gimmicky diet plans that never work in the long term. Olien has traveled the world, exploring the health properties of foods that have sustained indigenous cultures for centuries. Putting his research into practice, he has created a unique and proven formula for maximizing our bodies' potential. He also includes a “How-to-eat” user's guide with a shopping list, advice on “what to throw away,” a guide to creating a healthy, balanced diet plan, and advice on how to

use supplements effectively. Written in Olien's engaging conversational style, Superlife is a one-of-a-kind comprehensive look at dieting and nutrition, a timeless and essential guide to maintaining the human body and maximizing its potential. **Nutrition and Traumatic Brain Injury Improving Acute and Subacute Health Outcomes in Military Personnel** *National Academies Press* Traumatic brain injury (TBI) accounts for up to one-third of combat-related injuries in Iraq and Afghanistan, according to some estimates. TBI is also a major problem among civilians, especially those who engage in certain sports. At the request of the Department of Defense, the IOM examined the potential role of nutrition in the treatment of and resilience against TBI. **21-Day Weight Loss Kickstart Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health** *Grand Central Life & Style* For years, Dr. Neal D. Barnard has been at the forefront of cutting-edge research on what it really takes to lose weight and restore the body to optimal health. Now, with his proven, successful program, in just three short weeks you'll get fast results-drop pounds, lower cholesterol and blood pressure, improve blood sugar, and more. With Dr. Barnard's advice on how to easily start a plant-based diet, you'll learn the secrets to reprogramming your body quickly: Appetite reduction: Strategically choose the right foods to naturally and easily tame your appetite. Metabolism boost: Adjust eating patterns to burn calories faster for about three hours after each meal. Cardio protection: Discover the powerful foods that can help reduce cholesterol nearly as much as drugs do in just weeks. Whether you are one of the millions who are anxious to get a jumpstart on weight loss or who already know about the benefits of a plant-based diet but have no idea how or where to start, this book is the kickstart you've been waiting for. Complete with more than sixty recipes, daily meal plans for the 21-day program, tips for grocery shopping, and more, this book will teach you how to make the best food choices and get your body on the fast track to better health. **Undo It! How Simple Lifestyle Changes Can Reverse Most Chronic Diseases** *Ballantine Books* NATIONAL BESTSELLER * Fight cancer, diabetes, heart disease, weight gain, and even the aging process itself with one simple, scientifically proven plan to reverse disease--as well as prevent and reduce symptoms--from the world-renowned pioneer of lifestyle medicine. Dean Ornish, M.D., has directed revolutionary research proving, for the first time, that lifestyle changes can often reverse--undo!--the progression of many of the most common and costly chronic diseases and even begin reversing aging at a cellular level. Medicare and many insurance companies now cover Dr. Ornish's lifestyle medicine program for reversing chronic disease because it consistently achieves bigger changes in lifestyle, better clinical outcomes, larger cost savings, and greater adherence than have ever been reported--based on forty years of research published in the leading peer-reviewed medical and scientific journals. Now, in this landmark book, he and Anne Ornish present a simple yet powerful new unifying theory explaining why these same lifestyle changes can reverse so many different chronic diseases and how quickly these benefits occur. They describe what it is, why it works, and how you can do it: * Eat well: a whole foods, plant-based diet naturally low in fat and sugar and high in flavor. The "Ornish diet" has been rated "#1 for Heart Health" by U.S. News & World Report every year from 2011 to 2017. * Move more: moderate exercise such as walking * Stress less: including meditation and gentle yoga practices * Love more: how love and intimacy transform loneliness into healing With seventy recipes, easy-to-follow meal plans, tips for stocking your kitchen and eating out, recommended exercises, stress-reduction advice, and inspiring patient stories of life-transforming benefits--for example, several people improved so much after only nine weeks they were able to avoid a heart transplant--Undo It! empowers readers with new hope and new choices. Praise for Undo It! "The Ornishes' work is elegant and simple and deserving of a Nobel Prize, since it can change the world!"--Richard Carmona, M.D., MPH, FACS, seventeenth Surgeon General of the United States "If you want to see what medicine will be like ten years from now, read this book today."--Rita F. Redberg, M.D., editor in chief, JAMA Internal Medicine "This is one of the most important books on health ever written."--John Mackey, CEO, Whole Foods Market **Dr. Neal Barnard's Cookbook for Reversing Diabetes 150 Recipes Scientifically Proven to Reverse Diabetes Without Drugs** *Rodale Books* 150 delicious plant-based recipes designed to tackle diabetes and its complications. Finally an approach to managing diabetes that is not based on pills or injections, but on food--the most delicious "prescription" you could imagine. Written by Dr. Neal Barnard, the unparalleled expert on diabetes and health, with recipes developed by Dreena Burton, bestselling cookbook author and creator of the Plant Powered Kitchen blog, this plant-based cookbook is filled with 150 easy and delicious recipes. Inside, expect to find favorite foods like burgers, onion rings, muffins, and pudding, but approached from a healthful angle--focusing on vegetables, fruits, whole grains, and legumes. Dr. Barnard also offers thorough explanations about the scientific relationship between nutrition and diabetes, and identifies the ingredients in the book by their vitamins, nutritional properties, and health power in a simple and easy to understand way. Dr. Neal Barnard's Cookbook for Reversing Diabetes is a treasury of meals that are as tasty as they are powerful for health. **Genius Foods Become Smarter, Happier, and More Productive While Protecting Your Brain for Life** *HarperCollins* New York Times Bestseller Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country's best neurology departments--all in the hopes of understanding his mother's condition. Now, in Genius Foods, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called "biochemical liposuction"; and the foods that can improve your happiness, both now and for the long term. With Genius Foods, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain's health and performance today--and decades into the future. **Food Over Medicine The Conversation That Could Save Your Life** *BenBella Books, Inc.* Includes recipes from Chef Del Sroufe, author of the bestselling Forks Over Knives--The Cookbook and Better Than Vegan Nearly half of Americans take at least one prescription medicine, with almost a

quarter taking three or more, as diseases such as diabetes, obesity, and dementia grow more prevalent than ever. The problem with medicating common ailments, such as high blood pressure or elevated cholesterol, is that drugs treat symptoms—and may even improve test results—without addressing the cause: diet. Overmedicated, overfed, and malnourished, most Americans fail to realize the answer to lower disease rates doesn't lie in more pills but in the foods we eat. With so much misleading nutritional information regarded as common knowledge, from “everything in moderation” to “avoid carbs,” the average American is ill-equipped to recognize the deadly force of abundant, cheap, unhealthy food options that not only offer no nutritional benefits but actually bring on disease. In *Food Over Medicine*, Pamela A. Popper, PhD, ND, and Glen Merzer invite the reader into a conversation about the dire state of American health—the result of poor nutrition choices stemming from food politics and medical misinformation. But, more important, they share the key to getting and staying healthy for life. Backed by numerous scientific studies, *Food Over Medicine* details how dietary choices either build health or destroy it. *Food Over Medicine* reveals the power and practice of optimal nutrition in an accessible way. **Lifestyle Psychiatry** *American Psychiatric Pub* Exercise, a healthy diet, stress management, sound sleep: Most practitioners would agree that living well can mitigate the impact of mental disorders. Yet many are unprepared to address lifestyle factors in their care of patients. *Lifestyle Psychiatry* seeks to instill confidence by collating and analyzing the impressive emerging body of evidence that supports the efficacy of healthy lifestyle practices -- both as the primary intervention and in conjunction with traditional treatments such as psychopharmacology or psychotherapy -- in preventing and managing psychiatric disorders. This volume examines the impact of lifestyle interventions -- from exercise, yoga, and tai chi to mindfulness and meditation, diet and nutrition, and sleep management -- on psychiatric disorders, including depression, anxiety, posttraumatic stress disorder, schizophrenia, and addiction. Readers can readily find data to support the use of specific lifestyle interventions for a patient presenting with a specific disorder. Detailed descriptions of the mechanisms of each lifestyle intervention also prepare practitioners to educate their patients on the specific neurobiological and psychological effects of these interventions to support their recovery. With chapters that focus on developing a robust therapeutic alliance and inspiring patients to assume responsibility for their own well-being, this guide provides a framework for lasting, sustainable lifestyle changes. Additionally, the book discusses the impact of the provider's lifestyle on clinical behavior and the implications of lifestyle medicine and psychiatry for health care systems and population health, offering a broader examination of the important role this new field can play in leading a sophisticated, holistic approach to optimizing wellness. **The Alzheimer's Prevention Food Guide A Quick Nutritional Reference to Foods That Nourish and Protect the Brain from Alzheimer's Disease** *Rockridge Press* "Never has diet been so important for brain health and reducing risk for Alzheimer's. This is not a simple diet book--it's a food bible that tells you all you need to know to start eating your way to a healthy brain, right now!" --Dr. Rudolph E. Tanzi, Director, Alzheimer's Genome Project; Director, Genetics and Aging Research Unit, Massachusetts General Hospital; and Joseph P. and Rose F. Kennedy Professor of Neurology, Harvard Medical School More than 5 million Americans are currently living with Alzheimer's disease. With no known cure, the thought of receiving an Alzheimer's diagnosis can be terrifying. But you can reduce your risk of developing Alzheimer's disease by making smart nutritional choices--and this book will show you exactly how. For authors Sue Stillman Linja and SeAnne Safaii-Waite, the devastation of Alzheimer's is all too familiar. They both witnessed the progression of Alzheimer's in their mothers. As registered dietitian nutritionists and researchers, they've examined all of the evidence-based research on diet and Alzheimer's in order to offer a simple and practical dietary approach to protecting the brain from Alzheimer's. With *The Alzheimer's Prevention Food Guide*, Sue and SeAnne show you how to start eating for total brain health before it's too late to prevent the development of Alzheimer's disease. *The Alzheimer's Prevention Food Guide* is the first and only action-oriented food guide for making brain-nourishing dietary choices. You'll discover how easy it can be to incorporate everyday brain foods into your diet, easily and without stress. Accessible and easy-to-follow, *The Alzheimer's Prevention Food Guide* offers: A realistic 2-week meal plan that shows how doable it is to prepare brain-healthy meals Profiles of more than 100 common foods that highlight why they're nutritional powerhouses for brain health An easy-to-understand overview of diets being researched for brain health--from Mediterranean to MIND to Ketogenic--as well as the authors' own research-based recommendations for dietary guidelines. Alzheimer's disease is complex, but eating to prevent it doesn't have to be. *The Alzheimer's Prevention Food Guide* is your all-in-one nutritional resource for feeding your brain what's best for it--without making drastic changes. **The TB12 Method How to Do What You Love, Better and for Longer** *Simon & Schuster* The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of *The TB12 Method*, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, *The TB12 Method* provides step-by-step guidance on how to develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-prepare recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, *The TB12 Method* gives you a better way to train and get results with Tom Brady himself as living proof. **The Wahls Protocol How I Beat Progressive MS Using Paleo Principles and Functional Medicine** *Penguin* An integrative approach to healing chronic autoimmune conditions by a doctor, researcher, and sufferer of progressive multiple sclerosis (MS) whose TEDx talk is already a web sensation Like many physicians, Dr. Terry Wahls focused on treating her patients’ ailments with drugs or surgical procedures—until she was diagnosed with multiple sclerosis (MS) in 2000. Within three years, her back and stomach muscles had weakened to the point where

she needed a tilt-recline wheelchair. Conventional medical treatments were failing her, and she feared that she would be bedridden for the rest of her life. Dr. Wahls began studying the latest research on autoimmune disease and brain biology, and decided to get her vitamins, minerals, antioxidants, and essential fatty acids from the food she ate rather than pills and supplements. Dr. Wahls adopted the nutrient-rich paleo diet, gradually refining and integrating it into a regimen of neuromuscular stimulation. First, she walked slowly, then steadily, and then she biked eighteen miles in a single day. In November 2011, Dr. Wahls shared her remarkable recovery in a TEDx talk that immediately went viral. Now, in *The Wahls Protocol*, she shares the details of the protocol that allowed her to reverse many of her symptoms, get back to her life, and embark on a new mission: to share the Wahls Protocol with others suffering from the ravages of multiple sclerosis and other autoimmune conditions. **The First 20 Hours How to Learn Anything . . . Fast!** *Penguin* Forget the 10,000 hour rule— what if it's possible to learn the basics of any new skill in 20 hours or less? Take a moment to consider how many things you want to learn to do. What's on your list? What's holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills—time you don't have and effort you can't spare? Research suggests it takes 10,000 hours to develop a new skill. In this nonstop world when will you ever find that much time and energy? To make matters worse, the early hours of practicing something new are always the most frustrating. That's why it's difficult to learn how to speak a new language, play an instrument, hit a golf ball, or shoot great photos. It's so much easier to watch TV or surf the web . . . In *The First 20 Hours*, Josh Kaufman offers a systematic approach to rapid skill acquisition— how to learn any new skill as quickly as possible. His method shows you how to deconstruct complex skills, maximize productive practice, and remove common learning barriers. By completing just 20 hours of focused, deliberate practice you'll go from knowing absolutely nothing to performing noticeably well. Kaufman personally field-tested the methods in this book. You'll have a front row seat as he develops a personal yoga practice, writes his own web-based computer programs, teaches himself to touch type on a nonstandard keyboard, explores the oldest and most complex board game in history, picks up the ukulele, and learns how to windsurf. Here are a few of the simple techniques he teaches: Define your target performance level: Figure out what your desired level of skill looks like, what you're trying to achieve, and what you'll be able to do when you're done. The more specific, the better. Deconstruct the skill: Most of the things we think of as skills are actually bundles of smaller subskills. If you break down the subcomponents, it's easier to figure out which ones are most important and practice those first. Eliminate barriers to practice: Removing common distractions and unnecessary effort makes it much easier to sit down and focus on deliberate practice. Create fast feedback loops: Getting accurate, real-time information about how well you're performing during practice makes it much easier to improve. Whether you want to paint a portrait, launch a start-up, fly an airplane, or juggle flaming chainsaws, *The First 20 Hours* will help you pick up the basics of any skill in record time . . . and have more fun along the way.