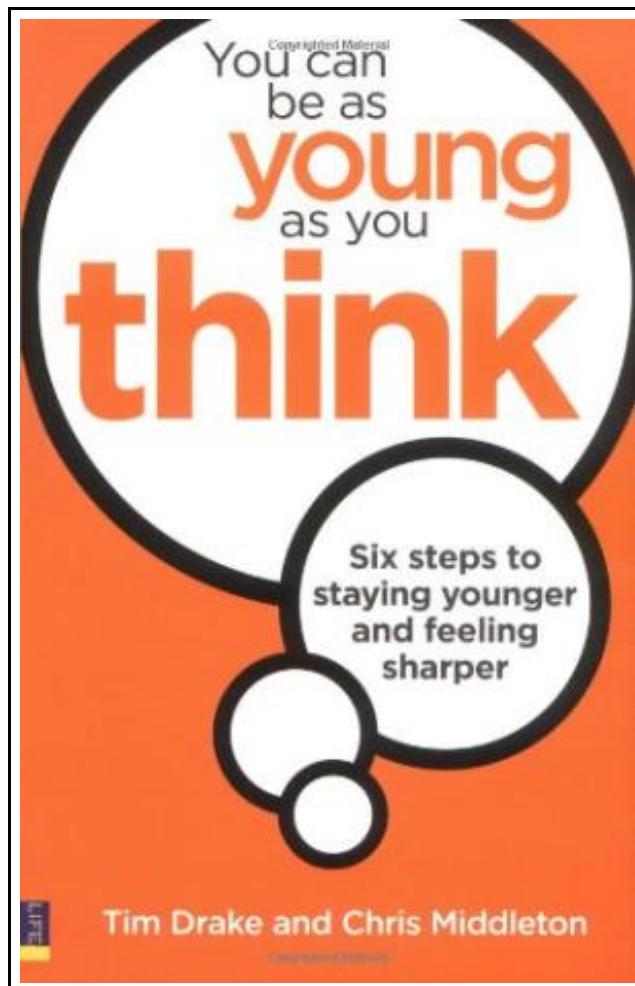


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Reviews

The publication is easy in read through preferable to fully grasp. It is written in simple phrases instead of hard to understand. You will not sense monotony at any moment of your respective time (that's what catalogs are for concerning if you request me).

(Kevin Bergstrom Sr.)

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Pearson Education Limited, United Kingdom, 2009. Paperback. Book Condition: New. 218 x 136 mm. Language: English . Brand New Book. Do you have an old brain or a young brain? Think carefully, because how you answer this important question could be one of the most significant predictors of how well you'll live the rest of your life. In this fast-moving, fast-changing world, it is important that we remain vital, relevant and useful. Growing old gracefully, where physically and mentally we quietly fade into obscurity, is no longer an option and the expectation that we will stay younger for longer has never been greater. A young brain is the antidote to ageing and *You Can Be As Young As You Think* shows you exactly how you can get one. Through six easy-to-follow and life-changing steps, you'll find out that ageing is all in the mind and discover how, by developing a younger brain, you can live a more fulfilled, rewarding, successful and happy life. The benefits of living your life with a young brain are vast. In your personal life you'll have more fun, be more adventurous and be more excited. You'll laugh more, get on better with your family and strangers will more easily become friends. You'll be more interested and interesting, embrace new technology and feel better connected to popular culture and the modern world. In your professional life you'll be more creative, more responsive, and better at managing change. You'll be recognised as someone who's fresh, vital, full of bright ideas and always thinking one step ahead. You'll be more dynamic, more confident, more ambitious, a better team player and stand out as an innovator who's more willing to take risks. Whilst many of us are agonising...



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