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## TRUE BRAIN FITNESS: PREVENTING BRAIN AGING THROUGH BODY MOVEMENT (HARDBACK)



iUniverse, United States, 2010. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.While brain aging is generally related to general body aging, new findings tell us the brain can stay young even as the body is aging. True Brain Fitness explores why some people stay alert and mentally sharp even at a very advanced age, while other younger people lose their memory and have poor mental powers. Dr. Aihan Kuhn has a lifetime of experience...

**Download PDF True Brain Fitness: Preventing Brain Aging Through Body Movement (Hardback)**

- Authored by Dr Aihan Kuhn
- Released at 2010



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