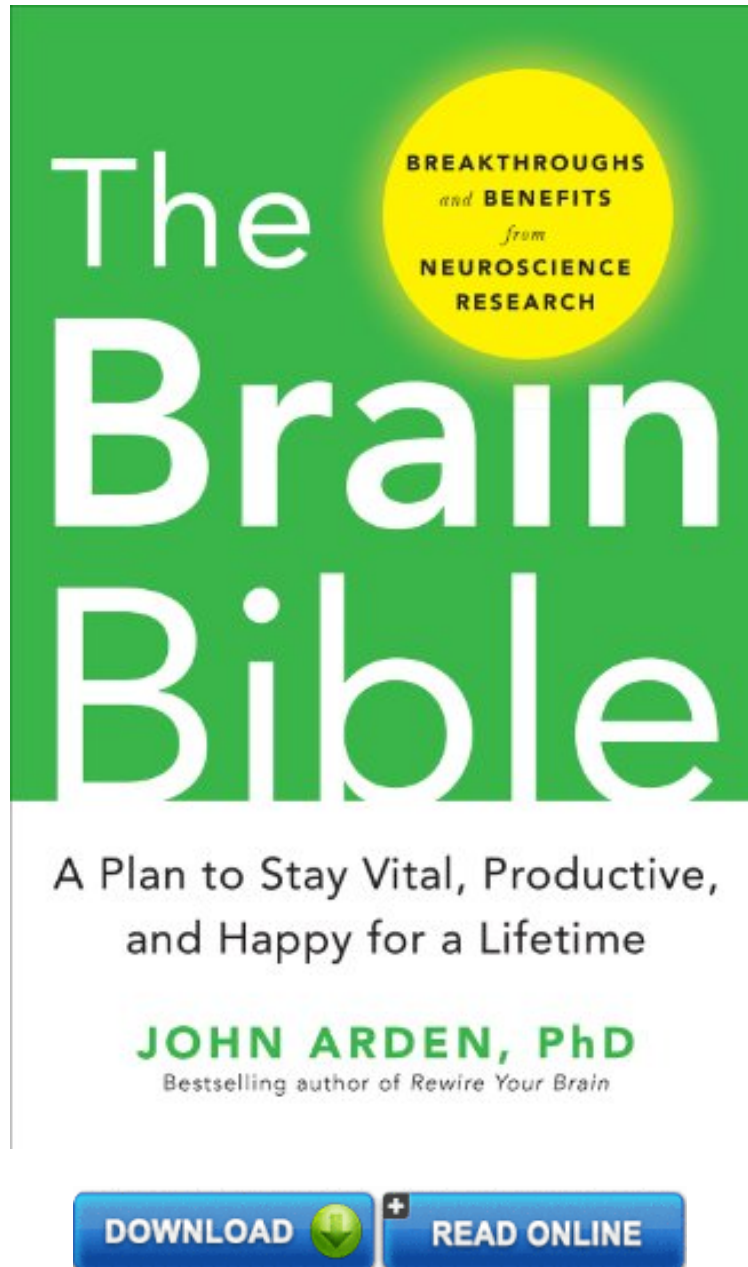


(Pdf free) The Brain Bible: How to Stay Vital, Productive, and Happy for a Lifetime (Business Books)

## The Brain Bible: How to Stay Vital, Productive, and Happy for a Lifetime (Business Books)

*John Arden*

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introduction to the neuroscience that can be used in everyday life. I have started to implement some of Dr Arden's ideas from his seminar and this book provides additional steps, rational and easy to implement ideas. He describe in an easy to understand format about the five basic factors people can use, daily, to enhance their life and longetivity of brain functioning. Diet, exercise, education, social activiities and sleep are all essential elements. Get the book, go to his seminars or his talks if you have a chance, you will not be disappointed. Having met him personally at a seminar, he is a very bright and sharp clinician and a very gentle and kind human being.Dr. M. Thayer3 of 3 people found the following review helpful. Wow! What A Masterpiece!By korb62This book is truly amazing. It's written for professionals who want to "improve their game." You'll highlight often and really enjoy the expertise of Dr John Arden. And the book is also written with down to earth examples and a style that really brings the ideas home. The book truly stimulates further reading and study of the materials presented. You'll feel so much better after learning and living the healthy, positive teachings in this wonderful book. Enjoy!0 of 0 people found the following review helpful. Answers questions that you may not know to askBy John N. Wheatleya wealth of informative information about the brain and behavior

**THE REAL PATH TO BRAIN HEALTH--BASED ON CUTTING-EDGE BRAIN SCIENCE** Let's face it: you want to keep your brain in great shape. But But how do you sift through the clutter of information and media coverage in order to find the facts? The Brain Bible One of today's leading experts on brain health, Dr. John Arden tells it straight: There is no single remedy for maintaining sharpmindedness into old age. But there are a lot of things you can do that, over the course of time, will work wonders. It's not about adding one activity or breaking one habit--it's about making many small, simple changes in your everyday routine. Dr. Arden culls the latest findings in neuroscience, cognitive psychology, gerontology, and many other sciences and puts them all together into a smart, actionable, science-based plan. Basing his conclusions on cutting-edge research, Dr. Arden has broken down the vast amount of confusing and sometimes conflicting brain data into the five crucial Brain Bible factors you need to be mindful of: Education - Read and keep your brain activeDiet - What you eat and drink directly affects your brain healthExercise - Starting a fitness routine is simpler than you thinkRelationships - The love of friends and family has a strong healing powerSleep - Get enough but not too much sleep Here are just a few samples of Dr. Arden's tips for improving your brain health: Drink water even when you're not thirstyTake the stairs instead of the elevatorLaugh a lotDon't drink alcohol before going to bedEat fish at least twice a week If you want to keep your brain sharp--and who doesn't?--The Brain Bible is packed with the simple lifestyle changes you will want to make. After exploring the five Brain Bible factors, Dr. Arden shares indispensable advice on how to lower your everyday stress level. Then he provides the 7-Day Brain Bible Jumpstart Plan you can use to start changing your lifestyle and improving your brain today. The Brain Bible can help make your brain--and your life--better than ever. PRAISE FOR THE BRAIN BIBLE: "Successful aging just doesn't happen--it takes knowledge, wisdom, and action. Read this book and let Dr. John Arden take you on a fascinating and very human journey through the science and steps to healthy aging." -- Louis Cozolino, PhD, Pepperdine University, author of The Neuroscience of Human Relationships and The Neuroscience of Psychotherapy "In The Brain Bible, Dr. John Arden provides an uplifting read.... This book is as scientifically rigorous as it is lively and accessible, and it is peppered with fascinating stories about real people and the things they do or do not do that affect their health and longevity. Building on the latest biomedical and psychosocial research, Arden beautifully describes the lifestyle factors we can control that have enormous effects on the length and quality of our lives. This is a must-read." -- Ian H. Robertson, PhD, Trinity College, author of The Winner Effect "This book translates the latest developments from the abstruse world of the neurological sciences into accessible, real-world guidance for those who are sharp enough to choose to remain sharp. Essential reading." -- John Soderlund, counseling psychologist and publishing editor, New Therapist "If you want to redefine the aging process so you can be what you want to be instead of what you have observed, read this book to have ample guidance for healthy longevity." -- Charlotte A. Tomaino, PhD, author of Awakening the Brain

"Successful aging just doesn't happen-- it takes knowledge, wisdom, and action. Read this book and let John Arden take you on a fascinating and very human journey through the science and steps to healthy aging."-- Louis Cozolino PhD, Pepperdine University, author of the Healthy Aging Brain"The Brain Bible book translates the latest developments from the abstruse world of the neurological sciences into accessible, real-world guidance for those who are sharp enough to choose to remain sharp. Essential reading."--John Soderlund, Publishing Editor, New Therapist,nbsp; South Africa"Dr. John Arden provides an uplifting read for those of us who look forward to aging actively and enjoyably.nbsp;He beautifully describes the lifestyle factors that we can control that have enormous effects on the quality of our lives. This is a must read." --Ian H. Robertson, PhD,nbsp; Trinity College, Dublin, Irelandnbsp;"Dr. Arden's command of the scientific literature is impressive, as is his ability to communicate findings in a clear and accessiblenbsp;way.nbsp;nbsp;I recommend this book to anyone interested in caring for our most important organ."nbsp; --Dr. Matthew Bambling, University of Queensland"If you want to redefine the aging process so you can be what you want to be instead of what you have observed, read this book to have ample guidance for

healthy longevity." --Charlotte A Tomaino, PhD, author of *Awakening the Brain*"Dr. John Arden writes clearly with an energetic, engaging style, using many examples and real-life analogies, as well as copious amounts of research-based material. This book is a great guide for enriching our lives with a more fully functioning brain." --Kelly O'Donnell, PsyD, Geneva, Switzerland"Dr Arden's *The Brain Bible* lucidly cuts through the cacophony of confusing advice on how to protect your brain. He distils the scientific literature on brain function and describes step-by-step improvements. This is an important for anyone interested in healthy aging." --Mark Thorpe, PhD, Head of Psychology, AUT University, New Zealand"In *The Brain Bible*, the ultimate guidebook for living healthy and happy, Dr Arden suggests simple behaviours, supported by the latest science, to improve the brain's wellness!" --Marcel Bernier Laval University, Quebec, Canada From the Author Amid an era of confusing messages about health and brain health, it is my hope that this book cuts through data smog and offers sound advice for brain health. About the Author Dr. John Arden is the Chief Academic Officer for the Institute of Behavioral Health. He is the prior director of mental health training for the Kaiser Permanente Medical Centers. He also practices part-time at Kaiser Permanente in Petaluma and San Rafael, and for several years has been the chief psychologist at Kaiser Vallejo. He has written 14, including the bestselling *Rewire Your Brain*, as well as *Brain-Based Therapy for Adults* and *Brain-Based Therapy for Children and Adolescents*. For more information, visit [drjohnarden.com](http://drjohnarden.com).