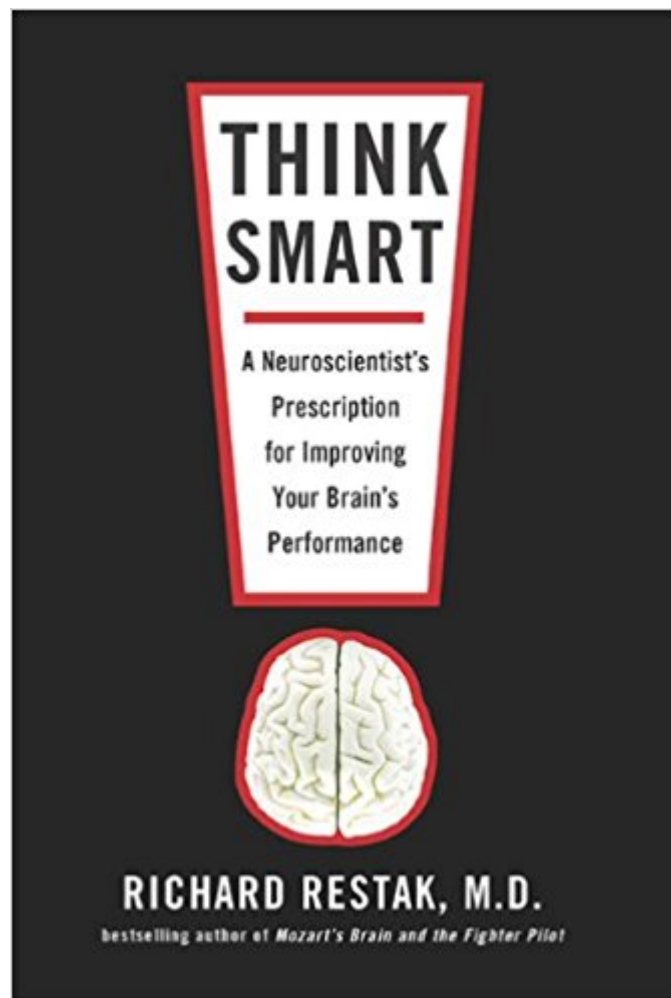




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Think Smart: A Neuroscientist's Prescription For Improving Your Brain's Performance



Synopsis

From a renowned neuroscientist and bestselling author comes a book that shows readers how to improve and tone the brain. In the last five years, there have been exciting new scientific discoveries about the brain, its function, and its performance. In this fascinating, entertaining book, brain expert Dr. Richard Restak has asked his colleagues-the world's leading brain scientists and researchers-an important question: What can I do to help my brain work more efficiently? Their surprising answers are at the heart of Think Smart. In his characteristically accessible style, Restak explains the latest scientific discoveries about our brain and gives readers strategies on how they can keep their most powerful organ in top condition and fight off its decline.

Book Information

Paperback: 288 pages

Publisher: Riverhead Books (February 23, 2010)

Language: English

ISBN-10: 1594484430

ISBN-13: 978-1594484438

Product Dimensions: 5.4 x 0.7 x 8.2 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 63 customer reviews

Best Sellers Rank: #249,946 in Books (See Top 100 in Books) #181 in Books > Self-Help > Memory Improvement #652 in Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology #1230 in Books > Science & Math > Behavioral Sciences > Cognitive Psychology

Customer Reviews

[Audio Review] The latest scientific research on the brain offers surprising advice on proactive brain-tuning. The acclaimed author of MOZART'S BRAIN, Restak is a clinical professor of neurology at George Washington University Medical Center. Restak outlines fascinating information culled from cutting-edge research, then offers advice on how anyone can achieve optimal brain function. New discoveries prove that certain exercises, the honing of sensory memory, sleep, even certain foods, can help the human brain operate more effectively. Arthur Morey crisply and clearly delivers Restak's accessible prose. Morey smoothly verbalizes complex medical terms while projecting an apparent fascination with the topic. He imparts the author's recommendations and practical knowledge for keeping the brain healthy with zeal. Your mind can't afford to miss this. A.W. Â©

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Richard M. Restak, M.D., is a neurologist, neuropsychiatrist, and Clinical Professor of Neurology affiliated with the George Washington University Medical Center. He is the author of the bestselling *The Brain*--a companion to the PBS series of the same name--as well as *The Mind*, *The Brain Has a Mind of Its Own*, and *The Brain: The Last Frontier*. He lives in Washington, D.C..

Immediately upon receiving this book, I read the text on the back cover. My already high level of interest was elevated further. Without delay, I popped my reading glasses in place and proceeded to read "Think Smart" non-stop from cover-to-Cover. The author's presentation of his prescription "for Improving Your Brain's Performance" was nothing short of Brilliant. After my first reading I searched the Internet in hopes of finding "Think Smart" as an AudioBook. My search was rewarded with the discovery of an unabridged, beautifully narrated version of the whole book, which I have listened to while re-reading the complete text of the book. The Audio Version is now on my MP3 player, and I review a chapter or two every day. My local public library has several of Dr. Richard Restak's books in its catalog. I am a 73-year-old retiree and I have no problem understanding the neuroscience as presented by this gifted writer and scientist. I agree with Scientific American Magazine, Dr Restak is "one of the world's most important scientific thinkers. I am convinced that the exercises in his prescription can help anyone ward-off the threat of dementia and Alzheimers.

The book was interesting - particularly the first part of the book about the interrelatedness of our physical health, emotional health, etc., and brain function. However, much of what was in the book was stuff I'd heard before in the popular press or in news (if you read science and health news at all). Not a lot of surprise. It was good to hear that even getting started late or making changes late in life is not TOO late. Some suprising findings that I wasn't aware of with regards to electronic game playing and older adults. But, all in all, just an okay book.

A book that can help you think clearly, enhance and improve your relationship to a healthy life. This book is truly a Neuroscientists Prescription to improving the Brains performance, only if you practice what Dr. Restak states through out the book. Straight to the point, easy to understand. Great resources you can count on. As a pre-med student, I would recommend this book to anyone is suffering from depression and anxiety; there is a way out!

A must read for those who want to know how your head really works and how we can traverse the superhighways this best gift to mankind. Brain science has come light years in only the last decade and the author explains how, what, and why we now know so much about how the brain works. Imagine a cave man trying to fix a computer. Author Restak pulls us all out of the cave and shows us the light. Its heavy reading, but what a ride; good theory and helpful proscriptions for mind growth. Parts can be dry, but the oases are carnivals of excitement and hope. This is an uplifting journey.

I liked Restak's in depth incursions in various aspects of brain development and maintenance. His approach was to stress the importance of a healthy physical body with the various mental exercises that keep the brain involved. It is hard to think of an age group of readers who would not like this presentation, but I think anyone over 50 should consider the tips presented in this work. Yes, there are some scientific concepts to deal with, but that is really part of the drill. His discussions of the impact of technology on the brain were balanced. I think I'd have enjoyed it even more if there were more 'graphics' included, but then again I am male and visual stimulants work best with that kind of brain.

This guy is spot on. Dr. Richard Restak is the real deal. I've already done a background check on this guy, and he is legit. That, and some of the other doctors that he mentioned in his book. So he's not one of those hokey doctors that never looked at an x-ray, but knows how to publish a book about it real well. Throughout this entire book, you'll find that every page is useful and you'll wish that you've read this book sooner. In chapter 3, this chapter... man let me tell you... This chapter helped me loose about 25 lbs. That's the equivalent of 4 newborn babies. I was carrying around 4 newborn babies in my gut for the last 15 years of my life. I'm serious as a hart-attack. I started off about 185 lbs. 9 months ago, now, I'm 161 lbs. And I'm 6'1". So that's about... what you want. He's mentions a diet called the "Mediterranean diet" of eating just fish or chicken. (Mostly fish) And after nine months, I look and feel great. Not only that, but he also mentions that you'll also think clearer, better, and your brain will function allot better too. Your attitude will change more positively, and you'll be able to comprehend more easily..... Hot damn, that sounds pretty damn good to me...! In his last chapter, his attention turns to the elderly. Here, is where it gets on what I call, "the dark truth". It's still truth, it's just in a negative way. But he does say that there are ways to steer clear of these problems, and it can be done for all ages. But the point he was trying to get to here was, just don't

wait around till the last minute of your life to do so. The sooner you start to apply these techniques in your life, the better off you're life will be. And as finite as lives are, you'd better do it soon. And there are NO by-products in this book that he'll advertise. Ok, I know that's what you're thinkin'. So no there are NO ADS in this book at all. He's not goin' on here and say, "So in order to prevent this from happening to you, you need to order this product here, and go to this site is here, and donate money here and..." No. All he says on here is little routines that either he does, or other remedies for mental fitness. In the Epilogue, it's basically a recap of all the best parts of the chapters. I highly recommend this book to the entire world, especially to the obese and the elderly. If you want to improve your life, this book will be a great start to get you on your way. Thank you Dr. Restak. I've always held high respect for both Doctors and Scientist.

Phenomenal read, the types of things we ALL should know about. Really we should be applying this level of knowledge to our daily lives, more important to our youth / during development...tho I realize it's a science / perspective we are still very ignorant about on the whole. Need to continually feed & exercise the most important 'muscle' in the human body.

good

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