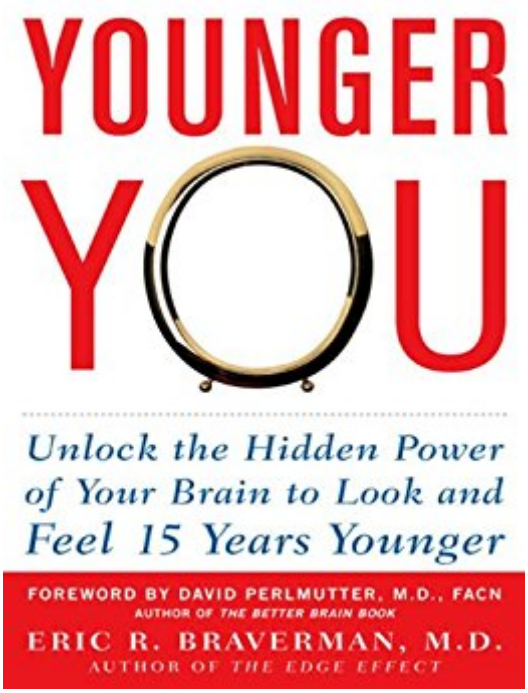
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Younger You: Unlock The Hidden Power Of Your Brain To Look And Feel 15 Years Younger



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Synopsis

Break the aging code and feel 15 years youngerÃ¢â ¬â •from the inside out. "Focusing on the critical role of hormones produced by the brain, Dr. Braverman outlines a totally integrative program to restore hormonal balance and thereby restore readers to a younger, healthier, and more vital self, regardless of chronological age."--Nicholas Perricone, M.D., FACN, Bestselling author of 7 Secrets to Beauty, Health, and Longevity, The Perricone Weight-Loss Diet, The Perricone Promise, The Perricone Prescription, and The Wrinkle Cure "Younger You is an interesting and logical approach to preventing, diagnosing, and modifying the aging process.Ã¢â ¬Â•--Isadore Rosenfeld, M.D., Rossi Distinguished Professor of Clinical Medicine, New York Hospital Weil Cornell Medical Center, and author of Live Now, Age Later, Power to the Patient, and Doctor, What Should I Eat? "Just as Dr. Braverman says, we are only as young as our oldest part. This book is not just for us, but for our children, who can make changes to their diet and lifestyle now and reap the rewards later." --David Perlmutter, M.D., FACN, Director, Perlmutter Health Center and author of The Better Brain Book For more information visit YoungerYouBook.com.

Book Information

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Customer Reviews

I first read Susan Sommer's book breakthrough. She mentioned and talks with Dr. Eric Braverman in her book, so I ordered his book. Both of these books were so helpful to me to understand what's going on in my body, what to eat and not eat, changes in my lifestyle for a healther body and mind, and so much more! I made several of the changes they suggested starting 1 year ago, I am thinking better, feeling so much better, excerising easier, happier with the total new me now. oh, I also took off 30 lbs in the process of my changes. I feel and look years younger and everyone tells me the same.

What Dr. Braverman reveals about brain function and how it effects your moods and eating habits is awesome. My whole family took his test and found out where we are deficient and it helped us to know what we need and how herbal teas and correct diet can change our life.

Nothing new here.

Dr. Braverman has written a very important book on how to improve your brain activity. A great book for anyone with memory problems.

great

this is a very boring read. I think I could find better information searching the Internet. not worth the money.

Lots of good information, just research the recommendations against the Physicians Desk Reference to make surethere are no interactions with your condition/meds.

I am so glad I read this book, I already started to read it again. My only regret is that I did not have this book 10 or 15 years ago.Do yourself a favor and read Dr Braverman's other book SPARK as well. These two books are a MUST if you care about your health.

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Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger Happy

Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) 10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day (Health & Beauty Series Book 3) How to Look Younger - Get Rid of Eye Wrinkles, Drooping Cheeks and Sagging Jowls Naturally: Six Easy Steps (How to Look Younger - Anti Aging Techniques That Work Book 1) Ten Years Younger In A Weekend (Beauty And Fashion Secrets To Look Younger Naturally Book 1) The Food Babe Way: Break Free from the Hidden Toxins in Your Food and Lose Weight, Look Years Younger, and Get Healthy in Just 21 Days! Ten Years Younger: The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock Young For Life: The Easy No-Diet, No-Sweat Plan to Look and Feel 10 Years Younger Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever The Sugar Detox: Lose Weight, Feel Great, and Look Years Younger The Challenge Effect: The Proven Formula To Look Good, Feel Great, and Unlock Your True Potential Looking Younger: Makeovers That Make You Look as Young as You Feel How Not to Look Old: Fast and Effortless Ways to Look 10 Years Younger, 10 Pounds Lighter, 10 Times Better Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Age in Reverse: Look And Feel Younger, Be More Energetic, And Have Better Memory - Live A Long And Healthy Life Life Energy: Using the Meridians to Unlock the Hidden Power of Your Emotions Attract Women: Unlock Her Legs: How to Effortlessly Attract Women and Become the Man Women Unlock Their Legs For (Dating Advice for Men to Attract Women) Your Health Destiny: How to Unlock Your Natural Ability to Overcome Illness, Feel Better, and Live Longer

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