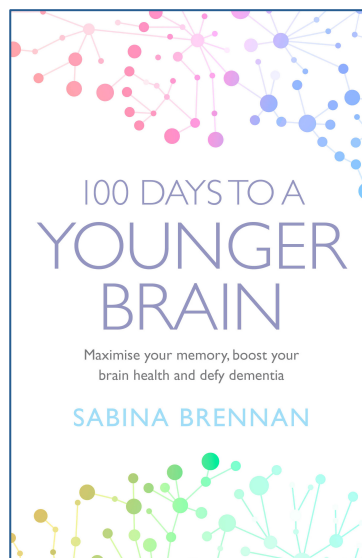


100 Days to a Younger Brain

Maximise your memory, boost your brain health and defy dementia

Sabina Brennan

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100 Days to a Younger Brain delivers, in clear everyday language, the basics on how your brain works and how you can keep it healthy. The book shares the good news that you can boost brain health and change your brain at any age. As you work through this life-changing programme you will complete a series of assessments to show you a clear picture of the current state of your brain health and give you insight into what you are doing right and what needs fixing.

Whether you've come to this book because you are concerned about your memory, fear getting dementia or simply value your brain and want to look after it, you will find an abundance of practical tips within these pages that can easily be incorporated into your daily life. These down-to-earth tips will help to rejuvenate your brain, optimise memory performance, boost brain health and even build resilience that will allow your brain to cope with or compensate for ageing, injury and diseases that affect the brain including dementia.