

## OLDER AND WISER By Richard Restak

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.Joy Bowen: OMGosh.

to be a healthier version of myself.

We put .

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The Truth About Publishing a Book July 8, 2015 The Funny Stuff I know.

You know I am all about a damsel in distress and failed suicide story.

.Leigh: Thanks, Beth!! Super exciting!!.

2013 September 2013 August 2013 July 2013 June 2013 May 2013 April 2013 March 2013

My friend Dana, owner of Clairemont Communications, messaged me at nearly 10:00 p.m.

I also knew that I [ ] Add a comment 1 2 3 26 Next Hello! I'm Leigh.

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Richard Restak is an American neurologist, Richard Md Restak; Edit; Delete; Richard Restak; Add new value; Older and Wiser; Edit; Delete;

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Dr. Restak has written over 20 books about the brain and human behavior. Older and Wiser. The Secret Life of The Brain. Sitemap 2014 Richard M. Restak

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Older and Wiser: How to Maintain Peak Mental Ability for as Long as You Live Pub. Date: 7/2/1997 Publisher: Simon & Schuster

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Book summary: In "Older and Wiser," neurologist and bestselling author Dr. Richard Restak draws on the latest scientific research to offer practical advice about how

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Plasticity lessens as we get older, but it s still there, said Richard Restak,

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brain As scientists gain more information about the brain and In Older and Wiser: Dr. Richard Restak provides some of the latest information about

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Older and wiser : how to maintain peak mental ability for as long as you live, Richard Restak. 0684829762, Toronto Public Library

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""Use it or lose it,"" declares Restak (author of The Brain, on which the PBS special series was based) to readers wishing to increase their odds of living longer and

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