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Synthesizing the cognitive science behind memory, sleep, stress, and addiction, Canyon Ranch's 30 Days to a Better Brain is the definitive guide to caring for your brain during all stages of your life. Dr. Carmona and the experts at America's leading wellness center guide you through the anatomy of the aging brain, how stress and toxins affect your mind, and the importance of sleep, laying

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Richard Carmona, MD, MPH, FACS, is the President of the Canyon Ranch Institute, Vice Chairman of Canyon Ranch, and the Distinguished Professor of Public Health at the University of Arizona. He also served as the seventeenth Surgeon General of the US from 2002 to 2006.

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Synthesizing the cognitive science behind memory, sleep, stress, and addiction, Canyon Ranch's 30 Days to a Better Brain is the definitive guide to car I recommend it.

(Andrew Weil, author of Healthy Aging and True Food).

30 Days to a Better Brain: Q & A with former Surgeon ...

Dr. Carmona's latest book, Canyon Ranch's 30 Days to a Better Brain: A Groundbreaking Program for Improving Your Memory, Concentration, Mood, & Overall Well-Being, will be available May 6th at amazon.com. I had the chance to speak with Dr. Carmona about his upcoming book and the (sometimes neglected) focus in America to overall brain health.

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