Odd Thing To Say But Probably The Best Investment I Made In 2009

A leading neuroscientist and New York Times-bestselling author of Mozart’s Brain and the Fighter Pilot distills the research on the brain and serves up practical, surprising, and illuminating recommendations for warding off neurological decline, cognitive function, and encouraging smarter thinking day to day.

In Think Smart, the renowned neuropsychiatrist and bestselling author Dr. Richard Restak details how each of us can improve and tone our body’s most powerful organ: the brain.
As a renowned expert on the brain, Restak knows that in the last five years there have been exciting new scientific discoveries about the brain and its performance. So he has asked his colleagues—many of them the world’s leading brain scientists and researchers—one important question: What can I do to help my brain work more efficiently? Their surprising—and remarkably feasible—answers are at the heart of Think Smart.

Restak combines advice culled from cutting-edge research with brain-tuning exercises to show how individuals of any age can make their brain work more effectively. In the same accessible prose that made Mozart’s Brain and the Fighter Pilot a New York Times bestseller, Restak presents a wide array of practical recommendations about a variety of topics, including the crucial role sleep plays in boosting creativity, the importance of honing sensory memory, and the neuron-firing benefits of certain foods.

In Think Smart, the wise, witty, and ethical Restak (says the Smithsonian Institution) offers readers helpful suggestions for fighting neurological decline that will put every reader on the path to building a healthier, more limber brain.

**Personal Review: Think Smart: A Neuroscientist’s Prescription for Improving Your Brain’s Performance by Richard Restak**

I found this book really useful because it both explains things (causes, actions, consequences) and gives practical advice on what you should do (specific diet, specific exercises and so on)

Now, I just need to be smart and follow those advices :D

But really, the book turned out surprisingly good and I must point out that I am a regular person with no medical background. Everything is presented in a logical way and in sufficient depth to keep it interesting

5 stars