



# Brain Agility: Keeping a Healthy and Youthful Brain

*Peter Moulton, Ph.D*

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## **Brain Agility: Keeping a Healthy and Youthful Brain** Peter Moulton, Ph.D

Brain Agility is written by a psychologist to help older adults maintain a healthy brain and forestall age-related cognitive decline: an area of growing concern to millions of Americans. Based on current research, Brain Agility offers a unique 30-day program of integrated and balanced mental exercises designed to stimulate a wide range of cognitive functions including memory, attention, concentration, word fluency, inductive reasoning, visual-spatial orientation and arithmetic. The 30 minutes of daily exercises are uniform yet varied with increasing levels of difficulty, providing freshness, allowing initial success, and presenting increasing challenges as cognitive functioning improves. In addition, Brain Agility explains how the brain functions and ages and how brain aging can be slowed by mental and physical exercise, good nutrition, and stress reduction.

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