



Brain Power Cookbook: 175 Great Recipes to Think Fast, Kepp Calm Under Stress, and Boost Your Mental Performance

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A mouthwatering guide to incorporating the most brain-friendly foods into your everyday life.

Days filled with energy, a bright mood, no memory lapses, a good night's sleep—that's what the *Brainpower Cookbook* can help you achieve. It's the go-to-book for brain-healthy eating. Our expert nutritionists have created 175 great-tasting recipes that will help protect your brain and boost alertness, concentration, and energy.

With this book, you will:

Learn how the brain functions and discover what foods affect your brainpower and how you feel.

Enjoy easy-to-prepare snacks, soups, salads, main course, and even desserts.

Give your brain a boost with recipes for particular situations: from breakfast ideas for sustained energy to lunches to avoid that afternoon slump and quiz-night snacks for fast brainwork.

Have fun with mind-sharpening puzzles to help promote brain fitness.

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From reader reviews:

Lois Maestas:

Playing with family in the park, coming to see the sea world or hanging out with friends is thing that usually you could have done when you have spare time, subsequently why you don't try thing that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Brain Power Cookbook: 175 Great Recipes to Think Fast, Kepp Calm Under Stress, and Boost Your Mental Performance, you could enjoy both. It is great combination right, you still wish to miss it? What kind of hangout type is it? Oh occur its mind hangout folks. What? Still don't have it, oh come on its known as reading friends.

Shane Webb:

In this era globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can view that now, a lot of publisher which print many kinds of book. The actual book that recommended to your account is Brain Power Cookbook: 175 Great Recipes to Think Fast, Kepp Calm Under Stress, and Boost Your Mental Performance this reserve consist a lot of the information from the condition of this world now. This kind of book was represented just how can the world has grown up. The terminology styles that writer value to explain it is easy to understand. Often the writer made some research when he makes this book. Here is why this book acceptable all of you.

John Hickman:

In this particular era which is the greater person or who has ability to do something more are more precious than other. Do you want to become one among it? It is just simple way to have that. What you have to do is just spending your time not very much but quite enough to enjoy a look at some books. One of many books in the top record in your reading list is usually Brain Power Cookbook: 175 Great Recipes to Think Fast, Kepp Calm Under Stress, and Boost Your Mental Performance. This book which is qualified as The Hungry Hillside can get you closer in becoming precious person. By looking up and review this publication you can get many advantages.

Michael Garcia:

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