

Keep Your Brain Sharp

Practical, science-based habits for a healthy brain at every age: movement, sleep, food, social contact, learning new skills, puzzles and games, stress, memory tricks and protecting your brain for the long term.

E-BOOK • US LETTER

- Science-based habits for a healthy brain
- Puzzles, learning, memory tricks and more
- Brain habit tracker and puzzle log

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This e-book offers general information about brain health and healthy habits. It is not medical advice and does not diagnose or treat any condition. If you or someone close to you notices memory problems or changes in thinking that affect daily life, talk to a doctor. Consult a doctor before starting a new exercise program if you have health problems.

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