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"The SharpBrains Guide to Brain Fitness, second edition, has the latest information, facts, and research findings about our brains.

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### **Ryen burghardt, 2008, brain, 343 pages. your brain**

Dec 31, 2013 The SharpBrains Guide to Brain Fitness: How to Optimize Brain Health and Performance at Any Age, Alvaro Fernandez, Elkhonon Goldberg, SharpBrains

### **Alvaro fernandez (author of the sharpbrains guide**

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