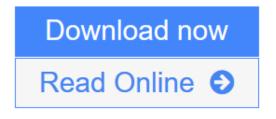


Gary Null's Mind Power: Rejuvenate Your Brain and Memory Naturally

Ph.D., Gary Null



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Gary Null's Mind Power: Rejuvenate Your Brain and Memory Naturally Ph.D., Gary Null Gary Null has guided and inspired entire generations of Americans to adopt healthier living habits, proving that being older doesn't mean you have to look, feel, or accept the "inevitable" toll of years. In this revolutionary book, Null shows how to keep your brain fit and functional as you age.

With a wellness plan rooted in extensive research, scientific data, and hundreds of studies, Gary Null has developed a strategy that not only protects your brain, but helps to counter the common mental effects of aging, including anxiety, depression, memory loss, and insomnia, as well as more serious conditions such as Alzheimer's and Parkinson's. Whether you're a baby boomer or a senior citizen, Null shows you steps you can take to stay mentally sharp.

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