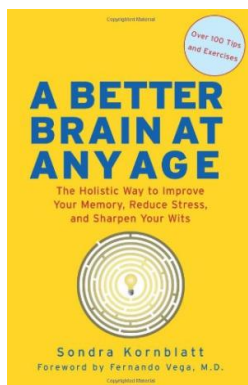


## A Better Brain at Any Age: The Holistic Way to Improve Your Memory, Reduce Stress, and Sharpen Your Wits



### Book Review

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