



Think Smart: A Neuroscientist's Prescription for Improving Your Brain's Performance

Richard Restak M.D.

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A leading neuroscientist and *New York Times*-bestselling author of *Mozart's Brain and the Fighter Pilot* distills the research on the brain and serves up practical, surprising, and illuminating recommendations for warding off neurological decline, cognitive function, and encouraging smarter thinking day to day.

In *Think Smart*, the renowned neuropsychiatrist and bestselling author Dr. Richard Restak details how each of us can improve and tone our body's most powerful organ: the brain.

As a renowned expert on the brain, Restak knows that in the last five years there have been exciting new scientific discoveries about the brain and its performance. So he's asked his colleagues-many of them the world's leading brain scientists and researchers-one important question: What can I do to help my brain work more efficiently? Their surprising-and remarkably feasible-answers are at the heart of *Think Smart*.

Restak combines advice culled from cutting-edge research with brain-tuning exercises to show how individuals of any age can make their brain work more effectively. In the same accessible prose that made *Mozart's Brain and the Fighter Pilot* a *New York Times* bestseller, Restak presents a wide array of practical recommendations about a variety of topics, including the crucial role sleep plays in boosting creativity, the importance of honing sensory memory, and the neuron- firing benefits of certain foods.

In *Think Smart*, the "wise, witty, and ethical Restak" (says the Smithsonian Institution) offers readers helpful suggestions for fighting neurological decline that will put every reader on the path to building a healthier, more limber brain.

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