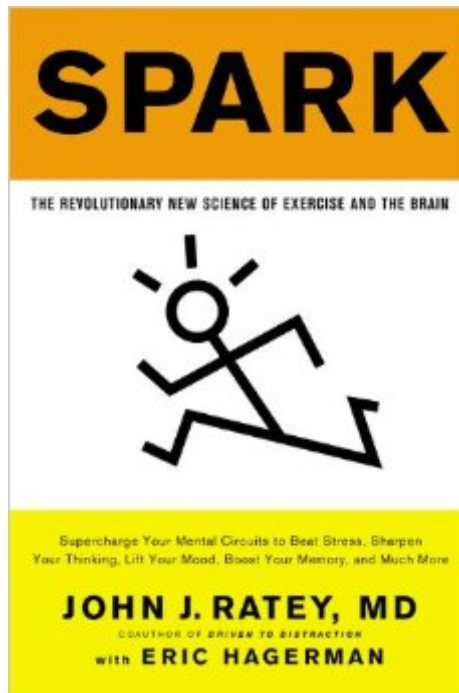




The book was found

# Spark: The Revolutionary New Science Of Exercise And The Brain



## Synopsis

Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: aerobic exercise physically remodels our brains for peak performance. In SPARK, John Ratey, MD embarks upon a fascinating journey through the mind-body connection, illustrating that exercise is truly our best defense against everything from depression to ADD to addiction to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, that has put the local school district of 19,000 kids first in the world of science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. It will change forever the way you think about your morning run.

## Customer Reviews

"This is my self-help book for the season." — Houston Chronicle  
"At last a book that explains to me why I feel so much better if I run in the morning!" — Dr. Susan M. Love, author of Dr. Susan Love's Menopause and Hormone Book and Dr. Susan Love's Breast Book

John Ratey, M.D. is a clinical professor of psychiatry at Harvard Medical School. He is the author of numerous bestselling and groundbreaking books, including *Driven to Distraction* and *A User's Guide to the Brain*. He lives in Cambridge, Massachusetts, where he has a private practice. Eric Hagerman is a former editor of *Popular Science* and *Outside*. His work has been featured in *The Best American Sports Writing* 2004, *Men's Journal*, and *PLAY*.

[Download to continue reading...](#)

Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Spark: The Revolutionary New Science of Exercise and the Brain High Performance Spark: Best Practices for Scaling and Optimizing Apache Spark The Spark Story Bible: Spark a Journey through God's Word Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's Primate Brain Maps: Structure of the Macaque Brain: A Laboratory Guide with Original Brain Sections, Printed Atlas and Electronic Templates for Data and Schematics (including CD-ROM). Blood-Brain Barrier in Drug Discovery: Optimizing Brain

Exposure of CNS Drugs and Minimizing Brain Side Effects for Peripheral Drugs Brain Games®  
#1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) 100+ Word Fill In Puzzle  
Book For Adults: The French Style Brain Teaser Crossword Puzzles With Fill In Words Puzzles for  
Total Brain Workout! (A Total Brain Workout Series) (Volume 1) Brain Games #3: Lower Your Brain  
Age in Minutes a Day (Brain Games (Numbered)) Younger Next Year: The Exercise Program: Use  
the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy ACSM's Resource Manual  
for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for  
Exercise Testing and Prescription) Boost Your Brain: The New Art and Science Behind Enhanced  
Brain Performance Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low  
Impact Exercise Book 1) Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight  
Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook How to Build  
Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of  
Exercise ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular,  
Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise  
Physiology) Healing the Addicted Brain: The Revolutionary, Science-Based Alcoholism and  
Addiction Recovery Program

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)