

BOOK REVIEW: How To Activate Your Brain—A Practical Guide Book I

Author: Valentin Bragin, M.D., Ph.D. — Reviewed by Anita Finley

Valentin Bragin, M.D., Ph.D. is a psychiatrist who helps readers preserve and restore cognitive functions to enable the elder population to remain independent and mentally healthy. He provides an innovative strategy for people suffering from cognitive decline to better utilize the brain's own reserves and resources in his new book, *How to Activate Your Brain: A Practical Guide Book I*.

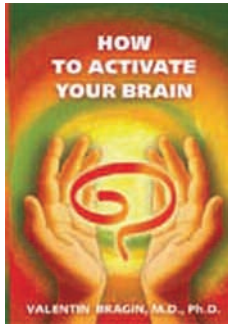
Dr. Bragin offers readers effective techniques for maintaining and improving memory, concentration and attention, especially for those suffering from chronic illnesses, depression or dementia. "This program is practical and easy to implement right now," he says. "Along the way, the reader will learn how the brain and body work together and find new ways to make the body more healthy and energetic." This book is full of hope and motivation for one of the most important issues facing Baby Boomers and Senior adults.

How to Activate Your Brain presents Bragin's integrative method in a series of sequential steps that each increase brain function. Part I consists of techniques to reduce and manage stress. Part II illustrates original, light physical exercises that are the core of the program and help with coordination, attention and concentration. Part III provides exercises to help strengthen memory and Part IV gives readers valuable information about various brain functions related to food music and light.

This book is a valuable resource for health professionals and can be easily utilized by elderly and medically ill people living at home, adult retirement communities, nursing homes and rehabilitation centers. Dr Bragin said, "I have personally witnessed the great strides made by

patients who have used these new brain activation techniques. People experienced a remarkable improvement in their brain speed (reaction time), coordination, attention, concentration and memory. They also regained their self-confidence and optimism."

There are many testimonials from professionals sharing their enthusiasm for the book's value. Here are a few excerpts: "...easy-to-read book provides new hope for patients and new tools for their doctors." "...book provides 'Optimism and Care.'" "...a must read for anybody who is interested in keeping the brain active and young." "Dr. Bragin introduces the brilliant innovative idea to use our developmental pathways from early childhood for activating the aging and stressed-out brain..."



About the author:

Dr. Bragin is a psychiatrist and the founder and medical director of the Stress Relief and Memory Training Center in Brooklyn, N.Y., where more than 2,000 patients have been treated within its first 12 years of operation. He earned his medical degree and Ph.D. from Russian Medical-Military Academy, one of the oldest and most prestigious medical school in the Soviet Union. He also holds an engineering degree in medical informatics.

Bragin's areas of interest include stress and stress-related disorders, aging and rehabilitation of brain functions. He has dedicated much of his medical career to researching the impact of stress on illness and overall health. Bragin is the author of several publications. *How to Activate Your Brain* was previously published in Russian in 2005.

(Publisher: AuthorHouse. You can purchase this book by going to www.authorhouse.com or calling 888-280-7715.)