



Make Your Brain Smarter: Increase Your Brain's Creativity, Energy, and Focus

Sandra Bond Chapman Ph.D.

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One of the world's most innovative and respected cognitive neuroscientists combines cutting-edge research with unique exercises to help you improve the most powerful, most staggeringly complex machine ever created: your brain.

In *Make Your Brain Smarter*, renowned cognitive neuroscientist Dr. Sandra Bond Chapman introduces you to the very latest research in brain science and shows you how to tailor a program to strengthen your brain's capacity to think smarter. In this all-inclusive book, Dr. Chapman delivers a comprehensive "fitness" plan that you can use to "exercise" your way to a healthier brain. You will find strategies to reduce stress and anxiety, increase productivity, enhance decision-making, and strengthen how your brain works at every age. You will discover why memory is not the most important measure of brain capacity, why IQ is a misleading index of brain potential, and why innovative thinking energizes your brain. *Make Your Brain Smarter* is the ultimate guide for keeping your brain fit during each decade of your life.

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