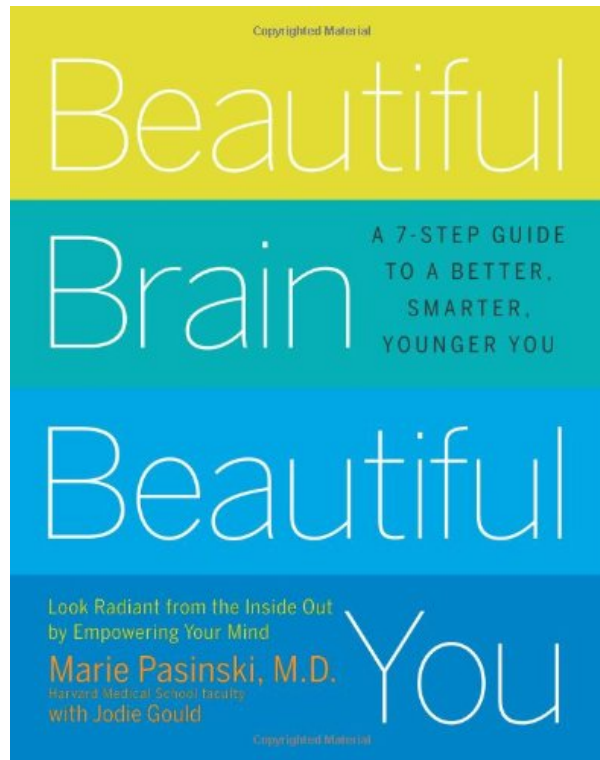
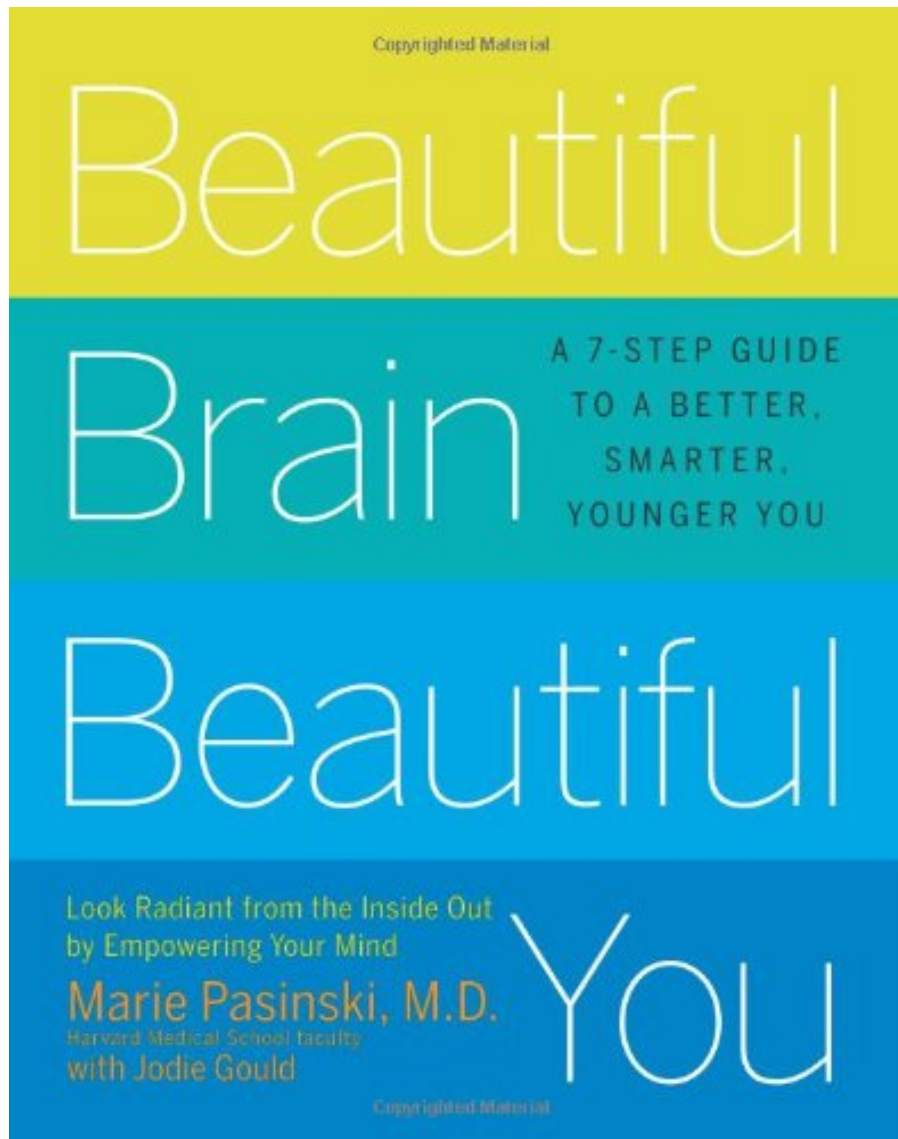


# BEAUTIFUL BRAIN, BEAUTIFUL YOU: LOOK RADIANT FROM THE INSIDE OUT



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From Publishers Weekly

With her measured seven-step plan, Harvard neurologist Pasinski connects brain health and beauty for women seeking to age well without plastic surgery and cosmetic treatments. The program--which involves setting new goals and trying new activities; taking control of physical health; making exercise a priority; eating brain-enhancing foods--can be implemented as steps or simultaneously, allowing readers of various ages and physical conditions to proceed at their own pace. An advocate of simple lifestyle changes meant to stimulate a trickle-down effect from the brain, Pasinski counsels against such notorious agers as smoking, drinking alcohol and soda, crash dieting, allowing stress levels to spike, and losing sleep, as well as eating meat, watching TV, using Botox, and remaining in bad relationships. Addressing recent research promoting the health benefits of consuming alcohol, caffeine, herbs, and supplements, Pasinski points to their dangers, contending that her diet will provide most readers with optimal nutrition in the right proportions. While Pasinski's recommendations are conservative, readers will find plenty of creative ideas (e.g., mind-reading exercises, hip-hop dancing, mentoring, investing) to clear their minds, strengthen their bodies, and look and feel younger. (Dec.)

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About the Author

Marie Pasinski, M.D., is a staff neurologist at Massachusetts General Hospital in Boston and faculty member at Harvard Medical School, and one of the leading experts in the field of Neurology. Dr. Pasinski graduated Harvard Medical School and completed her residency at Brigham and Women's Hospital in Boston. Since 1991, she has been the consulting neurologist for the Massachusetts General Health Care Centers, where she cares for patients with a broad range of neurological symptoms and disorders. Jodie Gould is an award-winning journalist and author of six books including *Date Like a Man: To Get the Man You Want*. As a former book publicist, Jodie has worked with numerous bestselling authors, including Barry Sears, Alan Dershowitz, Erica Jong and Gloria Steinem. Jodie's articles have appeared in *Family Circle*, *Woman's Day*, *Cosmopolitan*, *Elle*, *Redbook*, *First for Women*, *American Health*, *The New York Times Syndicate*, *The New York Observer*, *Newsday*, and many other publications and Web sites. Jodie has a master's degree in journalism from Columbia University, where she was awarded a Pulitzer Fellowship and an Alfred I. du Pont Fellowship for Broadcast Journalism. She won the 2003 MADD Media Award given by Mothers Against Drunk Driving for her *Family Circle* article on spring break. Jodie's Web site is [www.jodiegould.com](http://www.jodiegould.com).

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# **BEAUTIFUL BRAIN, BEAUTIFUL YOU: LOOK RADIANT FROM THE INSIDE OUT PDF**

Unlock the adult brain's surprising potential--and look radiant from the inside out! Have you lost your healthy glow and that sparkle in your eyes? Is it becoming harder to recall names, faces, and where you left your keys? Has your life become routine? Are you so overwhelmed by work, family, finances (or all three) that you feel exhausted at the end of every day? If you answered "yes" to one or more of these questions, chances are you are in need of a brain/beauty makeover! Beautiful Brain, Beautiful You is for any woman who suffers from "Bad Brain Days." Harvard neurologist Marie Pasinski, M.D., gives women lifestyle advice proven to help them look younger and healthier without a trip to the cosmetic counter or plastic surgeon. Dr. Pasinski will show you how to tap into your brain's remarkable ability to change and redesign itself, giving you better mental clarity, as well as more energy and confidence. She will reveal how a sharper, stronger, and healthier brain can transform your life--at home, at work, and at play. By following the simple steps in Dr. Marie Pasinski's program, you will:

- discover why your brain is the essence of your beauty
- lose weight, sleep better, get fit
- make "Mommy Brain" or "Senior Moments" a thing of the past
- feel rejuvenated and more energized
- experience a new sense of control over your body and mind
- reveal the inner joy that comes from a beautiful brain

Beautiful Brain, Beautiful You explains why beauty begins from the inside out. When your brain isn't at its best, you can't look your best. With its inspiring, easy-to-follow program and compelling scientific evidence, this breakthrough book will help you think, look, and feel ten years younger.

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- Binding: Paperback
- 256 pages

## Features

- Great product!

## From Publishers Weekly

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13 of 13 people found the following review helpful.

A new way to view what is beautiful, that it's not just physical.

By Ellie

We've heard about Suduko and crossword puzzles and how they improve memory and brain function but this is a very well written and researched book about many more varied ways that we can maximize and improve our brains at any age. It sounds like it's for women but it applies and is just as pertinent to men so I would encourage men, husbands, male partners to read it too. I particularly like the refreshing concept that beauty is not just physical and also about maximizing intelligence and how that can increase your self esteem and the way you are perceived by others. Beauty is more than skin deep! Being a health care professional I was skeptical about whether it would teach me anything new but I was pleasantly surprised! More than anything, the author is extremely positive and encouraging so you enjoy reading the book and want to keep reading once you've started. Lastly, you can go back to it again and again to enhance your progress. My compliments to the author for an excellent and truly inspiring and instructional first book.

9 of 10 people found the following review helpful.

Excellent read for all women

By Chelsea

This is an amazing book explaining that it is never too late to wake up our brains and stay young. Many great ideas as to how to keep a sharp edge on learning and keeping our brains as "tuned" as we can keep our bodies. Very positive and uplifting, a "must" read for all ages

Hopefully this will not be her last book. She makes you want to read more and learn what an amazing thing our brain is and how we can make it better.

The book is very energizing and easy to understand

1 of 1 people found the following review helpful.

Very interesting!

By Farhana

WOW at the brain!! A fascinating topic! This book explains the brains impact on beauty. It's got a mixture of very basic things like how important sleep is and then adds to that by teaching you about your circadian rhythm and how to reset it.

Very well written. Sections are short and concise. Information is easy to follow, with examples of past patients, and information you can start implementing right away.

The ONLY thing I didn't like in this book, was the reference to the BMI system (body mass index system). It's an inaccurate system which no one should follow. It doesn't take in to consideration how much lean mass a person has verse fat, and well..it's just a fail!!

I'd recommend this to others, both male and females can get something from it - although it's written specially for females. It's also never to late or to early to start following some of the advice.

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