

# [PDF] Make Your Brain Smarter: An Easy Plan To Increase Your Creativity, Energy, And Focus

**Karen White, Sandra Bond Chapman, Shelly Kirkland - pdf download free book**

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**Books Details:**

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Author: Karen White, Sandra Bond Cha

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## **Description:**

**Review** "I don't want to grow old and feel bad, either physically or mentally. That's why I exercise my body and my brain daily. I'm well into my eighties. I know that half my life is over, and that keeping my brain challenged is more important than ever. Thanks to the pioneering brain research being done by Dr. Sandi Chapman, we can have healthy and productive minds for far longer than we might have imagined."

(T. Boone Pickens *legendary entrepreneur, innovator, energy executive, and author of The First Billion Is the H*)

"As someone who strives to learn more, communicate more effectively, and be more productive, and to strengthen my strategic thinking and creative innovation every single day, I wholeheartedly live by Sandi Chapman's guide to making our brain smarter. The topic of brain health is critical to our future as we all want to continue to live strong, vibrant, impactful lives for as long as we possibly can."

(Melissa Reiff, president of The Container Store)

"As an athlete, I always knew the importance of training my body for optimal performance. It wasn't until I met Sandi Chapman that I learned that the same is true for my brain. It has eased my concerns about my future health after spending more than ten years in the impact lifestyle of the NFL."

(Daryl Johnston, former Dallas Cowboy, NFL commentator, and business leader)

"The BrainHealth physical and the SMART program let me know how I could reach my full cognitive potential. These strategies revolutionized my life and could change the lives of millions. In the knowledge era, cognitive performance has never been more needed, but the distractions are great and growing. This book comes at the perfect time."

(Donovan Campbell *New York Times* bestselling author of *Joker One* and the upcoming book *The Leader's Code*)

"SMART training truly changed my life. I can't think of any other training I've had that has delivered benefits so quickly and deeply."

(Laura Sanford, regional vice president, AT&T)

"After partnering with Dr. Chapman, it was an eye-opener to see how easily brain health can be measured, and how important it is to maintain it at every age. Maximizing our cognitive functioning is attainable and an important step in making good decisions over the entire lifespan."

(John Migliaccio, AVP and Director of Research and Gerontology at MetLife Mature Market Institute)

"I've had annual physicals for over thirty years, so it made sense to check the top third of the body also. Taking the BrainHealth Physical gave me a sense of peace knowing that I had a baseline of my brain function and could measure any issues that arise in the future."

(Lyda Hill, a philanthropreneur)

"When I learned of the research of Dr. Sandi Chapman, I immediately realized her work could be transformational in accelerating the brain performance of employees at all ages. As the global leader of human resources, I am always looking for ways to expand the diverse talents of the different generational age groups that all too often go underdeveloped. Both companies and the individuals will be the beneficiaries of better brain health."

(Cynthia Brinkley, Vice President of Global Human Resources, General Motors)

"The profoundly effective program outlined in *Make Your Brain Smarter* uses relatively simple and straightforward strategies to empower learners. The program allowed my son to believe in himself, created a level playing field for him to pursue his dreams, and utilized his talents without barrier deficits. We have seen a dramatic improvement in his brain performance, and I know the strategies will continue to have a positive impact on his life and continued success for years to come."

(David Waldrep, entrepreneur and father whose son participated in teen high-performance brain training) --This text refers to the edition.

**About the Author** SANDRA BOND CHAPMAN, PhD, founder and chief director of the Center for Brain Health at the University of Texas at Dallas, is committed to maximizing human cognitive potential across the entire human lifespan. Her research record and brain health breakthroughs have led to nationwide recognition and selection of the Center for Brain Health as the single Virtual Center for the National Pediatric Acquired Brain Injury Plan to link all states with the most current assessment and training for brain injury. She lives in Texas.

SHELLY KIRKLAND, public relations director at the Center for Brain Health at the University of Texas at Dallas, brings national attention to the cutting-edge research facility dedicated to understanding, protecting, and healing the brain.

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