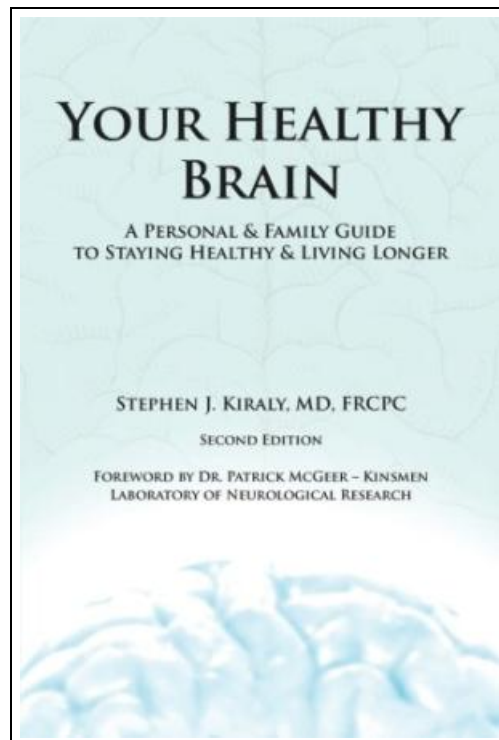


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Reviews

Very useful to any or all group of men and women. I am quite late in start reading this one, but better then never. You are going to like just how the blogger publish this book.

(Kristian Nader)

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Lulu Publishing Services, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Your Healthy Brain is a presentation of The Healthy Brain Program(c) which was an innovative approach to addressing brain care and the need for a long and healthy life, first presented to mental health professionals and then to the public, starting in 2000. The concepts were presented at many psychiatric conferences both in Canada and the USA, in a 10-lecture interactive workshop format to colleagues and to the public. They have gained popularity and some Community Mental Health Teams have adopted The Healthy Brain Program(c) as a platform for delivering brain care. After about 350 presentations, many colleagues and participants urged the publication of a book format. The first edition appeared in 2008. This book, Your Healthy Brain, is organized along the same lines as the lecture series, following the same headings, in two parts.



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