

Boost Your Brain Power in 60 Seconds: The 4-Week Plan for a Sharper Mind, Better Memory, and Healthier Brain

By Michelle Schoffro Cook

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Scientists predict that within 8 years, brain disease will kill or disable more people than cancer and heart disease combined. Given this shocking new research, we urgently need to know how to protect and improve our brain health.

In *Boost Your Brain Power in 60 Seconds*, Dr. Michelle Schoffro Cook aims to turn this prediction around with her prescriptive--and proven--plan. Several years ago, Dr. Cook was in a terrible car accident in which she suffered a brain injury, resulting in cognitive impairment, partial paralysis in her left arm, and severe migraines. Utilizing her expertise in natural medicine, Dr. Cook developed a program that improved her memory, cured her migraines, and reversed her arm paralysis. After her recovery, she continued to research natural methods to improve memory, reduce memory loss, and prevent degenerative brain diseases.

Boost Your Brain Power in 60 Seconds is an easy, customizable, 4-week plan filled with fun, doable tips you can execute in just 60 seconds a day, including 50 delicious recipes featuring brain-boosting super foods, success stories, and a self-assessment quiz.

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Editorial Review

About the Author

Michelle Schoffro Cook, PhD, holds advanced degrees in natural health and holistic nutrition and has been featured in Woman's World, First for Women, the Huffington Post, and other publications. She is a regular blogger for healthysurvivalist.com, care2.com, and worldshealthiestdiet.com. She lives in Alberta, Canada.

Margaret Strom, a New York-trained actress, graduated from the American Academy of Dramatic Arts and holds both BA and MA degrees in theater, as well as an MS degree in educational administration and supervision. A lover of many genres of literature, she has narrated more than 500 books for the Library of Congress.

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