



# Unleash Your Brain Power As You Age

*Michael Gelb*

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## **Unleash Your Brain Power As You Age** Michael Gelb

Michael explains what neuroplasticity means, and provides some low cost ways (including optimism!) to improve our brain power and resilience, and possibly prevent Alzheimer's and other forms of dementia. Michael explains what neuroplasticity means, and provides some low cost ways (including optimism!) to improve our brain power and resilience, and possibly prevent Alzheimer's and other forms of dementia. He describes the benefits of challenging the brain to do something new, and other brain-enhancing activities, including meditation, wine in moderation, and naps!

Michael Gelb is a world-leading authority on the application of genius thinking to personal and organizational development. A pioneer in the fields of creative thinking, accelerated learning, and innovative leadership, Gelb leads seminars for organizations such as DuPont, Merck, Microsoft, Nike and many others. Along with Sarah Miller Caldicott, he is co-author of *Innovate Like Edison: The Success System of America's Greatest Inventor* (Dutton 2007). He's the author of *How To Think Like Leonardo da Vinci* (Dell 2000), and co-author with Kelly Howell of *Brain Power: Improve Your Mind as You Age* (New World Library 2012).

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