

Your Miracle Brain

Jean Carper

Author of the #1 New York Times Bestseller *Brain Rules*

# Your Miracle Brain

Dramatic New Scientific Evidence Reveals  
How You Can Use Food and Supplements to

- Maximize Your Brainpower
- Boost Your Memory • Lift Your Mood
- Improve Your IQ and Creativity
- Prevent and Reverse Mental Aging

"A leading authority... [discussing] studies that will  
help keep and restore the wisdom of people."  
—Scientific American, "Special Features of World Health

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