

FOR IMMEDIATE RELEASE

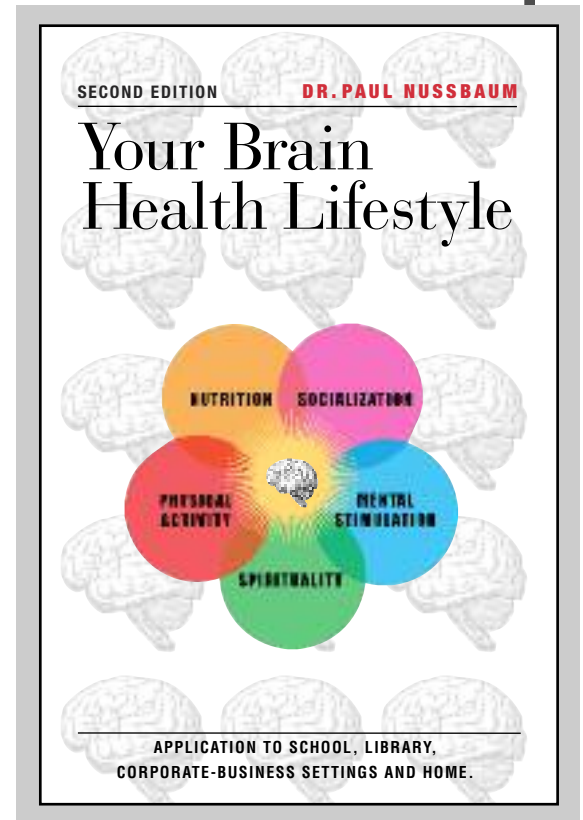
Your Brain Health Lifestyle

SECOND EDITION

by Paul Nussbaum

Dr. Paul Nussbaum educates the general public on the basics of the human brain and how to keep the brain healthy over its entire lifespan. In this new book he teaches companies and organizations how to apply brain health lifestyle to their work setting, and shows how we can implement those same principles at home. According to Dr. Nussbaum, brain health is intimately interconnected to nutrition, physical activity, socialization, mental stimulation, and spirituality. Nussbaum establishes a step-by-step program that individuals and organizations can follow, and he offers a variety of “brain health tips” that anyone can practice in the course of a single day.

“Brain health should be part of every corporate wellness program and part of every health care plan,” Nussbaum says. “My hope is that readers of this book will begin to better appreciate the greatness of their brain...the most magnificent part of you... and begin to dedicate time and effort toward their own brain health.”



Dr. Paul Nussbaum

Your Brain Health Lifestyle, Second Edition

Dr. Paul Nussbaum

ISBN: 978-1-59571-365-0

\$24.99

To Order this exciting Second Edition call...

WA

Word Association Publishers

www.wordassociation.com

1-800-827-7903

For more information contact:

Dr. Paul Nussbaum

www.paulnussbaum.com