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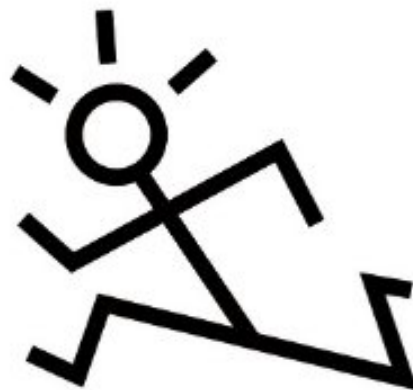
Spark: The Revolutionary New Science of Exercise and the Brain

John J. Ratey

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THE REVOLUTIONARY NEW SCIENCE OF EXERCISE AND THE BRAIN



Supercharge Your Mental Circuits to Beat Stress, Sharpen Your Thinking, Lift Your Mood, Boost Your Memory, and Much More

JOHN J. RATEY, MD

COAUTHOR OF *DRIVEN TO DISTRACTION*

with **ERIC HAGERMAN**

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#3324 in Books John J Ratey 2013-01-01 2013-01-01Original language:EnglishPDF # 1 8.25 x .75 x 5.50l, .59 #File Name: 0316113514304 pagesSpark The Revolutionary New Science of Exercise and the Brain | File size: 47.Mb

John J. Ratey : Spark: The Revolutionary New Science of Exercise and the Brain before purchasing it in order to gage whether or not it would be worth my time, and all praised Spark: The Revolutionary New Science of Exercise and the Brain:

0 of 0 people found the following review helpful. The brain is not a static organBy R. ShoreyThis book provides insight into a changing concept that our brains are not something that completely matures by age 5 and forever more we lose brain cells till the day we die -- we know now the brain has some capacity to remodel and regular physical

exercise and nutrition play an important role in our brain chemistry. 2 of 2 people found the following review helpful. Eye opener for a performance coach By D. Raabe We should know this stuff. And we do. It is however terrific to read the research from a person who has done the research. Personally I'm not a scientist. I love the science of physiology and all that means to my clients and myself. 0 of 0 people found the following review helpful. inspiring... for exercise! By S. C. Hitt Great at communicating lots of scientific data in easy to digest text and stories. Inspiring and eye-opening. Hard to believe that with this research out there, schools are still eliminating PE... so sad.

Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: aerobic exercise physically remodels our brains for peak performance. In SPARK, John Ratey, MD embarks upon a fascinating journey through the mind-body connection, illustrating that exercise is truly our best defense against everything from depression to ADD to addiction to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, that has put the local school district of 19,000 kids first in the world of science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. It will change forever the way you think about your morning run.

"This is my self-help book for the season." Houston Chronicle "At last a book that explains to me why I feel so much better if I run in the morning!" Dr. Susan M. Love, author of Dr. Susan Love's Menopause and Hormone Book and Dr. Susan Love's Breast Book "SPARK is just what we need. In mental health, exercise is a growth stock and Ratey is our best broker." Ken Duckworth, M.D., Medical Director for the National Alliance on Mental Illness "This book is a real turning point that explains something I've been trying to figure out for years. Exercise is not simply necessary, as Dr. Ratey clearly shows, it's medicine." Greg LeMond, three-time winner of the Tour de France "SPARK is mercifully short on Ivy League med-school-speak. And it may just spell the end of all dumb-jock jokes." Outside Magazine "I enthusiastically recommend this book... If your goal is to live a long and healthy life to the fullest then Spark should be required reading." Kenneth H. Cooper, M.D., M.P.H., "Father of Aerobics" "Bravo! An extremely important book. What Cooper did decades ago for exercise and the heart, Ratey does in SPARK for exercise and the brain. An utterly convincing and brilliantly documented ground-breaking work... So, get moving! Your brain will thank you and repay you many times over." Edward Hallowell, M.D., The Hallowell Centers "Ratey has culled the latest science and found that a regular workout can help build a better, faster brain." USA Today About the Author John Ratey, M.D. is a clinical professor of psychiatry at Harvard Medical School. He is the author of numerous bestselling and groundbreaking books, including Driven to Distraction and A User's Guide to the Brain. He lives in Cambridge, Massachusetts, where he has a private practice. Eric Hagerman is a former editor of Popular Science and Outside. His work has been featured in The Best American Sports Writing 2004, Men's Journal, and PLAY.