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Scientists can detect subtle changes in the brain that coincide with mental decline by the time we reach age 40, and our findings show that people as young as 20 already have memory problems. Dr. Gary Small and Gigi Vorgan's 2 Weeks To A Younger Brain translates the latest brain science into practical strategies and exercises that yield quick and long-lasting benefits.

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Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Many people have jobs that keep them mentally active. Pursuing a hobby, learning a new skill, volunteering or mentoring are additional ways to keep your mind sharp. 2. Use all your senses

6 simple steps to keep your mind sharp at any age ...

Fresh salads are the way to go when it comes to boosting your brain power. According to Gary Small, director of UCLA's Longevity Center and author of The Alzheimer's Prevention Program, the antioxidants in fruits and vegetables protect your brain from "wear and tear" and "the stress of aging."

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