Make Your Brain Smarter – Increase Your Brain’s Creativity, Energy, and Focus, written by Sandra Chapman, Ph.D., Center for BrainHealth’s founder and chief director along with public relations director Shelly Kirkland, condenses 30 years of research into a customizable brain health fitness guide designed to improve creative and critical thinking, strengthen healthy brain development and incite innovation.

Dr. Chapman describes how our thinking styles change as we mature and brings to light many reassuring actualities: aging does not equal brain slippage; near-perfect memory does not define a robust brain; IQ is a misleading index of brain potential; and everyone can rewire their brain by how it is used every day. This energizing and empowering book—meant for people young and old—includes nine strategies to keep your brain fit at any age, unique tests and exercises to boost your problem solving and higher-reasoning capacity and secrets to becoming a high brain performer. For more information, visit makeyourbrainsmarter.com.