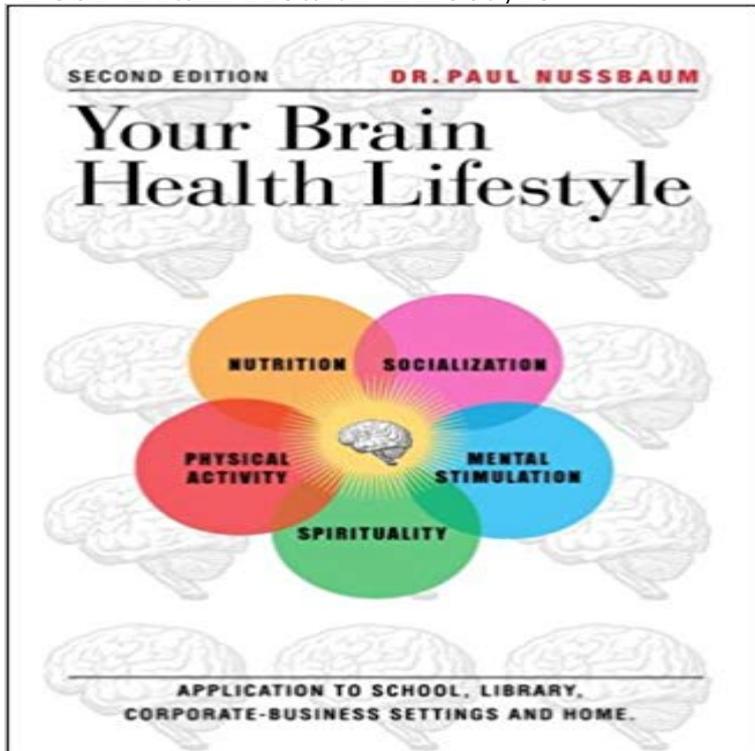


# Your Brain Health Lifestyle



Doctor Nussbaum is a licensed clinical neuropsychologist in the state of Pennsylvania. Having earned his Doctorate in clinical psychology from the University of Arizona in 1991, Dr. Nussbaum completed his internship and Post-Doctoral fellowship at Western Psychiatric Institute and Clinic, University of Pittsburgh School of Medicine. He is an adjunct Associate Professor in Neurological Surgery at the University of Pittsburgh School of Medicine. Doctor Nussbaum has 25 years experience in the care of older persons suffering dementia and related disorders. From the outpatient setting to the long-term care setting, Dr. Nussbaum has worked in all sectors of the continuum of care. An expert in neuroanatomy and human behavior, Dr. Nussbaum has published many peer reviewed articles, books, and chapters within the scientific community. His books *Your Brain Health Lifestyle*, *Brain Health and Wellness*, *Love Your Brain*, and *What Brain Research Teaches About Rigor, Relevance, and Relationships* are easy to read and informative guides to increasing the health of your brain. He is a national and international lecturer on brain health, healthy aging, dementia and related disorders. Doctor Nussbaum educates the general public on the basics of the human brain and how to keep the brain healthy over the entire lifespan. He has presented his views on brain health at the United Nations and National Press Club. His keynote presentations across the nation are both informative and fun and he is often interviewed by the local and national press/media. Doctor Nussbaum also serves as a brain health consultant to many diverse businesses and organizations. He is the recent winner of the 2007 American Society on Aging Gloria Cavanaugh Award for excellence in training and education in the field of aging. He also received with Emeritus Assisted Living the

2007 Best of the Best award for the Brain Health Initiative and Prototype Program presented by the Assisted Living Federation of America. For more information about Brain health or to contact Dr. Nussbaum visit his website (paulnussbaum.com).

[\[PDF\] Silent Storm \(Mills & Boon Intrigue\) \(Quantum Men, Book 2\)](#)

[\[PDF\] Trying Not To Love You](#)

[\[PDF\] The One Fight You Dont Want to Lose: Proven Martial Arts Principles for Raising Successful and Productive Kids](#)

[\[PDF\] Slaine \(Part Two\) \(Circle of Six Book 2\)](#)

[\[PDF\] Bright Lights, Dark Nights: Great Lakes Lighthouses](#)

[\[PDF\] Forever In Time](#)

[\[PDF\] Burning For You \(ARE Fearless Book 5\)](#)

How Our Lifestyle Affects Our Brain Health - Kuli Kuli Foods Your brain is your most valuable health asset. You need to protect it all your life. 5 Simple Steps to Maximise Your Brain Health is an important component of Adapt your lifestyle to protect your brain - Hello Brain Brain Health The Brain Health Lifestyle (a term coined by Dr. Paul Nussbaum) has five components physical activity, mental stimulation, socialization, nutrition and 10 Ways to Love Your Brain Alzheimers Association Your Brain Health Lifestyle [Dr. Paul Nussbaum] on . \*FREE\* shipping on qualifying offers. Doctor Nussbaum is a licensed clinical 106 best Brain Health images on Pinterest Healthy life, Healthy Nutrition, exercise, social engagement and intellectual activity are all important components of lifestyle choices that may impact brain health. Pillars of Brain Health The latest scientific research shows that specific lifestyles and actions can, no matter our age, improve the health and level of functioning of our brains. Brain Health: 4 Lifestyle Choices That Impact Your Brain General tips for keeping your mind sharp. See more ideas about Healthy life, Healthy living and Exercises. Summary: how to live a brain-healthy lifestyle SharpBrains The strategies for living a long and healthy life are well known and relatively simple, if not always easily executed: Maintain an appropriate Keep Your Brain Sharp and Healthy Later in Life Readers Digest Good brain choices: We dont have to sit and hope our brain will stay healthy as we age. There are life-choices we can make that will help us strengthen our Seven steps to keep your brain healthy from childhood to old age The way you live your life is closely linked to brain health. Living a healthier lifestyle can improve cognitive performance, mental clarity, and