



Whole Brain Power: The Fountain of Youth for the Mind and Body

By Michael Lavery, Gregory Walsh

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Michael J. Lavery's theories about how large and small motor-skill development of both right and left hands is directly linked to development in the left and right hemispheres of the brain is revolutionizing our understanding of how best to train the brain. The application of his theories and training methodologies are universal, including benefits for athletes seeking to supercharge their performance, for Baby Boomers wanting to reverse the aging process, and for retirees looking to rejuvenate their memory powers and regain an active lifestyle. Learn how a dozen Whole Brain Power All-Star practitioners from the ages of fifteen to ninety-one have transformed their brains and bodies through Michael's simple ambidextrous skill training, penmanship drills, and memory drills. Get ready to become part of the revolution in wholebrain development in the 21st century.

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- Sales Rank: #145223 in Books
- Published on: 2008-09-03
- Original language: English
- Dimensions: 9.00" h x .77" w x 6.00" l,
- Binding: Paperback
- 308 pages



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