



Brain Fitness for Women: Keeping Your Head Clear and Your Mind Sharp at Any Age

Sondra Kornblatt

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Did you know that women have 70,000 thoughts per day and one person's brain generates more electrical impulses each day than all the telephones in the world combined?

In *Brain Fitness for Women*, health writer Sondra Kornblatt offers an entertaining look at how women's brains work: the physiology of women's brains, new research in neuroscience, the differences between women's and men's brains, and how women's brains age.

Kornblatt offers fun facts (yep, that chocolate you're craving does boost cognitive function), tips (your brain wants a glass of water in the morning), and advice (forget multitasking, the brain can only process one thing at a time) for women who want to keep their minds in tiptop shape. She examines how hormones, the environment, exercise, stress, food, aging, and even friendship affect the brain, and offers strategies for keeping your brain on its metaphorical tiptoes at any age.

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