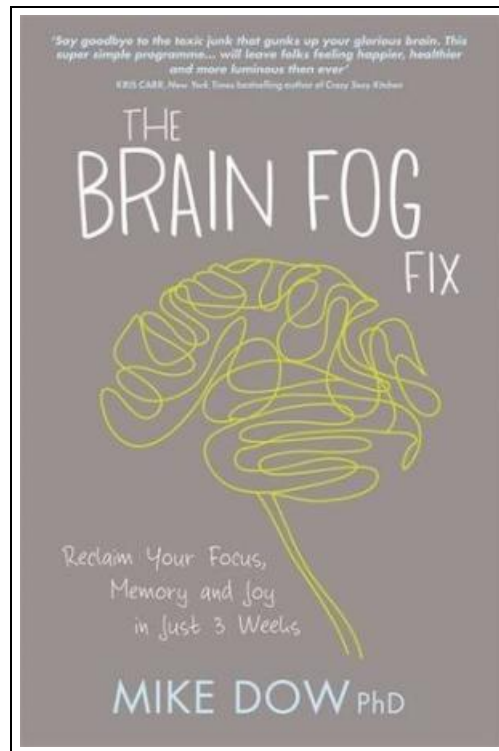


The Brain Fog Fix: Reclaim Your Focus, Memory and Joy in Just 3 Weeks



Filesize: 5.11 MB

Reviews

This book will be worth getting. Better than never, though i am quite late in start reading this one. Its been written in an extremely basic way which is only right after i finished reading this book through which actually altered me, alter the way i believe.
(Mr. Enrico Lesch)

THE BRAIN FOG FIX: RECLAIM YOUR FOCUS, MEMORY AND JOY IN JUST 3 WEEKS



Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Brain Fog Fix: Reclaim Your Focus, Memory and Joy in Just 3 Weeks, Mike Dow, Is stress preventing you from enjoying your daily life? Do you find that you're becoming more distracted or forgetful? Are 'the blues' sapping your spirits? Or do you simply feel not quite like yourself? If you want to reclaim your focus, memory and joy, you're not alone. There are millions of people fighting against the epidemic of brain fog that's sweeping the nation. The good news: it's not an irreparable condition - rather, it's a side effect of modern-day living. Many of the foods we eat and the habits we have do not support our brains. We no longer get what we need in order to produce essential brain chemicals that keep us energized, calm, focused, optimistic and inspired. And even worse, our choices could lead to long-term problems, like dementia, Alzheimer's disease, depression and anxiety. Sadly, if you look at the way most of us live, it seems almost as though we've chosen a lifestyle deliberately intended to undermine our brain chemistry and our health. Fortunately, there is a solution. The Brain Fog Fix is an easy-to-follow three-week programme designed to help naturally restore three of your brain's most crucial hormones: serotonin, dopamine and cortisol. Rebalancing these chemicals will in turn enable the rest of your brain's chemistry to reach optimal levels. Each week of the programme focuses on a different element of your life, including improving your mood by modifying your diet and using cognitive strategies, increasing your energy by focusing on sleep, exercise and memory-boosting games, and enhancing your spirit through practices that help you connect to something larger than yourself. By the end of this simple programme, you'll be thinking...



[Read The Brain Fog Fix: Reclaim Your Focus, Memory and Joy in Just 3 Weeks Online](#)



[Download PDF The Brain Fog Fix: Reclaim Your Focus, Memory and Joy in Just 3 Weeks](#)

See Also



I'll Take You There: A Novel

Harper Perennial. PAPERBACK. Book Condition: New. 0060501189 12+ Year Old paperback book-Never Read-may have light shelf for handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST...

[Save Document »](#)



Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Save Document »](#)



I Want to Thank My Brain for Remembering Me: A Memoir

Back Bay Books. PAPERBACK. Book Condition: New. 0316118796 Never Read-12+ year old Paperback book with dust jacket-may have light shelf for handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good...

[Save Document »](#)



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Save Document »](#)



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Save Document »](#)