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The Real Happy Pill: Power Up Your Brain by Moving Your Body (Paperback)

By Anders Hansen

Skyhorse Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. There is great public interest in the brain and physical health. The book combines both fields. For example, recent research has found that physical training has antidepressive qualities, increases focus in children with ADHD. Few books on the market discuss the revolutionary link between physical activity and the brain. The ones that exist, such as Spark (2013), are more academic and scientific narratives. The book marries the modern science with practical how-tos, creating a readable and informative self-help book for the layman, with diagrams, anecdotes, and tips that teach readers how to exercise to develop their brains and protect themselves from health issues. The Swedish edition has sold 52,000 copies. They sold 15,000 copies in the first three months. The author is a physician and psychiatry specialist who has published more than 2,000 medical science articles for scientific journals and newspapers. He is the author of Prescription of Health, which has been published in nine countries.

Reviews

It in one of my personal favorite publication. Indeed, it is actually perform, still an amazing and interesting literature. Its been printed in an exceptionally easy way which is merely soon after i finished reading this book where really altered me, change the way i believe.

-- **Neal Homenick IV**

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).

-- **Delbert Gleason**