

12 Weeks to a Sharper You

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Synopsis

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Keep your brain young and healthy at any age with this practical workbook through the 12-week program from the #1 *New York Times* bestselling author of *Keep Sharp*.
Chief CNN medical correspondent Dr. Sanjay Gupta helped countless readers keep their brains sharp and effortlessly productive with *KEEP SHARP*. In *12 Weeks to a Sharper You*, he now provides a step-by-step 12-week program to help you put his transformational ideas into daily practice. He writes, "Change is a challenge, and changing long-established habits takes effort." But this workbook makes it easy to apply Gupta's groundbreaking tips and research to establish healthy behaviors for life. The 12-week program will help you feel less anxious, sleep better, improve energy, think more clearly, and become more resilient to daily stress.
Full of tips, quotations, and prompts, *12 Weeks to a Sharper You* is the only guide you'll need to keep your brain young and healthy at any age!

Reader's comments

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