

Supercharge Your Brain

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Synopsis

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The definitive guide to keeping your brain healthy for a long and lucid life, by one of the world's leading scientists in the field of brain health and aging.

The brain is our most vital and complex organ. It controls and coordinates our actions, thoughts, and interactions with the world around us. It is the source of personality, of our sense of self, and it shapes every aspect of our human experience.

Yet most of us know precious little about how our brains actually work or what we can do to optimize their performance. While cognitive decline is the biggest long-term health worry for many of us, practical knowledge of how to look after our brain is thin on the ground.

In this groundbreaking new book, leading expert Professor James Goodwin explains how simple strategies concerning exercise, diet, social life, and sleep can transform your brain health paradigm, and shows how you can keep your brain youthful and stay sharp across your life. Combining the latest scientific research with insightful storytelling and practical advice, *Supercharge Your Brain* reveals everything you need to know about how your brain functions and what you can do to keep it in peak condition.

Reader's comments

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