



# The Age Heresy: How to Achieve More - Not Less - As You Get Older

*Tony Buzan, Raymond Keene*

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# **The Age Heresy: How to Achieve More - Not Less - As You Get Older**

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It is widely assumed that as we grow older there is a gradual decline in the way we use our brains. This book draws on acclaimed and proven scientific evidence to put forward a sensational brand-new theory which explodes the myth and shows that, with the right sort of mental and physical exercise, you can actually significantly improve your brain power as you get older. Drawing upon a wealth of fascinating facts and records, with studies of great geniuses such as Einstein and Goethe who improved with age, THE AGE HEARSY is packed with practical advice and guidance on how you can actively learn to enhance your memory, powers of creativity and concentration.

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