

Age-Proofing Your Brain - 21 Key Factors You Can Control

By Arlene Taylor PhD, PhD, Sharlet Briggs

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How to Stay Younger Longer Scientists agree that preventing brain deficits will always be easier than restoring them. This book outlines strategies and practical applications you can implement immediately to preserve brain function. Are you concerned about how your brain will function as you age? Start now age-proofing your brain!

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Editorial Review

About the Author

ARLENE R. TAYLOR, PhD: Dr. Taylor, one of the world's leading speakers on brain function, specializes in simplifying this complex topic - unleashing the potential to thrive. Her profound and entertaining seminars are life-changing. Dr. Taylor is founder and president of Realizations Inc, a non-profit corporation that promotes brain function research and provides related educational resources. Taylor has spoken to thousands of people at conferences internationally. Her audiences love her energy, passion, and humorous stories. She awakens them to the realization that by tapping into their own unique skills they can be, do, and have their life's passion. Using metaphor and practical-application examples, she makes brain-function research come alive. Audiences around the world have found her to be an engaging and imaginative speaker. Dr. Taylor holds two earned Doctorates. In 2002 she was the recipient of the American Medal of Honor for Brain-Function Education from the American Biographical Institute Inc, and in 2000 became a Life member of Kingston's National Registry of Who's Who. In 1991 she was voted International Woman of the Year by The International Biographical Center of Cambridge, England. SHARLET M. BRIGGS, PhD: With a passion for educating adults, youth and children about the brain, money and investing, Dr. Briggs draws on a lifetime of experience in healthcare, business, real estate and investing in her mission to support education. She is a sought-after speaker, mentor, and the owner of business as well as a respected author. Sharlet Briggs entered the business world in a position with a top healthcare organization and by age 24 she was overseeing the operations of multiple divisions. It didn't take long for Sharlet's entrepreneurial spirit to surface and venture into the corporate world where she started and developed a new division. Dr. Briggs began her real estate investing career with the purchase of a 10 unit distressed property in Memphis, Tennessee. Today Sharlet's real estate investment company buys, sells and manages numerous properties. She has mentored one of Forbes's "America's Richest" in real estate investing. Not long after partnering with her husband to launch a new company, Dr. Briggs began to teach others what she had learned. In 2007, Sharlet co-founded the Thriving Brain(tm) to take the message and mission of brain literacy - through books and other educational tools.

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