



Spark: The Revolutionary New Science of Exercise and the Brain

By John J. Ratey

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Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: aerobic exercise physically remodels our brains for peak performance.

In SPARK, John Ratey, MD embarks upon a fascinating journey through the mind-body connection, illustrating that exercise is truly our best defense against everything from depression to ADD to addiction to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, that has put the local school district of 19,000 kids first in the world of science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. It will change forever the way you think about your morning run.

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Editorial Review

Review

"This is my self-help book for the season."? *Houston Chronicle*

"At last a book that explains to me why I feel so much better if I run in the morning!"? *Dr. Susan M. Love, author of Dr. Susan Love's Menopause and Hormone Book and Dr. Susan Love's Breast Book*

"SPARK is just what we need. In mental health, exercise is a growth stock and Ratey is our best broker."? *Ken Duckworth, M.D., Medical Director for the National Alliance on Mental Illness*

"This book is a real turning point that explains something I've been trying to figure out for years. Exercise is not simply necessary, as Dr. Ratey clearly shows, it's medicine."? *Greg LeMond, three-time winner of the Tour de France*

"SPARK is mercifully short on Ivy League med-school-speak. And it may just spell the end of all dumb-jock jokes."? *Outside Magazine*

"I enthusiastically recommend this book...If your goal is to live a long and healthy life to the fullest then *Spark* should be required reading."? *Kenneth H. Cooper, M.D., M.P.H., "Father of Aerobics"*

"Bravo! An extremely important book. What Cooper did decades ago for exercise and the heart, Ratey does in SPARK for exercise and the brain. An utterly convincing and brilliantly documented ground-breaking work...So, get moving! Your brain will thank you and repay you many times over."? *Edward Hallowell, M.D., The Hallowell Centers*

"Ratey has culled the latest science and found that a regular workout can help build a better, faster brain."? *USA Today*

About the Author

John Ratey, M.D. is a clinical professor of psychiatry at Harvard Medical School. He is the author of numerous bestselling and groundbreaking books, including *Driven to Distraction* and *A User's Guide to the Brain*. He lives in Cambridge, Massachusetts, where he has a private practice. Eric Hagerman is a former editor of *Popular Science* and *Outside*. His work has been featured in *The Best American Sports Writing 2004*, *Men's Journal*, and *PLAY*.

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Lewis Lin:

As people who live in typically the modest era should be up-date about what going on or info even knowledge to make these individuals keep up with the era which can be always change and move forward. Some of you maybe will probably update themselves by looking at books. It is a good choice for you but the

problems coming to you is you don't know which one you should start with. This Spark: The Revolutionary New Science of Exercise and the Brain is our recommendation to help you keep up with the world. Why, because this book serves what you want and wish in this era.

Jessica Peacock:

People live in this new day of lifestyle always attempt to and must have the time or they will get large amount of stress from both day to day life and work. So , if we ask do people have time, we will say absolutely sure. People is human not really a robot. Then we request again, what kind of activity are you experiencing when the spare time coming to a person of course your answer will unlimited right. Then do you try this one, reading ebooks. It can be your alternative in spending your spare time, the book you have read is actually Spark: The Revolutionary New Science of Exercise and the Brain.

Suzanne Brooke:

Spark: The Revolutionary New Science of Exercise and the Brain can be one of your beginner books that are good idea. We recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to put every word into delight arrangement in writing Spark: The Revolutionary New Science of Exercise and the Brain nevertheless doesn't forget the main point, giving the reader the hottest in addition to based confirm resource facts that maybe you can be certainly one of it. This great information can drawn you into new stage of crucial imagining.

Harley Campbell:

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