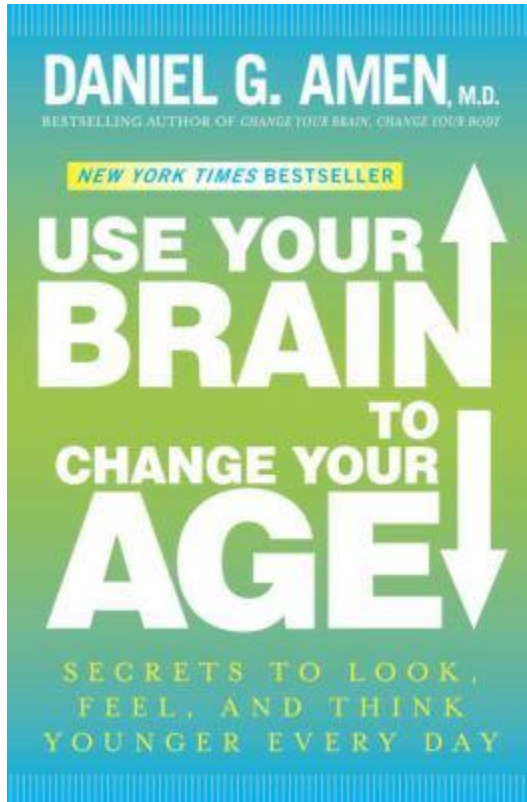


Mobility for Your Brain:



[Use Your Brain to Change Your Age - Daniel G. Amen](#)

A healthy brain is the key to staying vibrant and alive for a long time and in Use Your Brain to Change Your Age, bestselling author and brain expert Dr. Daniel G. Amen shares ten simple steps to boost your brain to help you live longer, look younger and dramatically decrease your risk for Alzheimer 's disease.

...Available at the San Antonio Public Library