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CONTACT: Shelby Sledge (512) 206-0229

## You can boost your brain power at any age

*Chicken Soup for the Soul and Harvard Medical School doctors combine medical advice with inspirational stories*

**COS COB, Conn.** –New research breakthroughs have proven that the human brain is incredibly dynamic and constantly evolving, capable of improving its function, even after strokes or other traumatic injuries. No matter what your age, it is possible to take easy steps every day to improve your memory and cognitive thinking, and also to reduce your risk factors for dementia and Alzheimer's disease. Leading neurologist Dr. Marie Pasinski points the way in this handy guide to your brain and its potential.

In a unique first-of-its-kind collaboration, Chicken Soup for the Soul Health and top doctors at Harvard Medical School have combined the healing and therapeutic power of storytelling with practical medical advice in a new series of books. One of the first in the series is *Chicken Soup for the Soul: Boost Your Brain Power!* (Chicken Soup for the Soul Health, May 22, 2012; 978-1-935096-86-3, \$9.95), in which neurologist and Harvard Medical School faculty member Dr. Marie Pasinski provides readers with inspiration and easy-to-follow tips for boosting their mental faculties at any age, using examples from Chicken Soup for the Soul stories and from cutting-edge research and her 20 years of clinical experience.

The healing power of stories has been documented widely, and the medical community is increasingly adding journaling, narrative writing, and other forms of storytelling to therapeutic regimens. *Chicken Soup for the Soul: Boost Your Brain Power!* contains more than two-dozen stories from contributors who explain how they boosted their brain's power through a variety of tactics. Dr. Pasinski combines the wisdom of these stories with her own practical advice to help readers redesign and energize their brains for work, home, or school.

As a noted neurologist, Dr. Pasinski has seen neurological disorders in many forms and has developed simple strategies to achieve a vibrant, healthier brain. Readers will learn how to improve memory, stimulate their brains through new activities, reduce their risk factors for dementia and Alzheimer's disease, trigger creative thinking, eat right and exercise to keep their brains young, manage health to boost brain function, reduce stress and improve sleep and cognitive function, use meditation and mindfulness to unlock the power of their brains, recognize their innate strengths, and maximize their mental faculties.

**Marie Pasinski, MD** is an instructor at Harvard Medical School and has provided expert commentary on neurological topics to numerous media outlets, including "The Today Show," *Ladies' Home Journal*, and *Woman's World* magazine. She is a frequent guest speaker, as well as a health columnist for *The Huffington Post*.

**Chicken Soup for the Soul Health is an imprint of Chicken Soup for the Soul Publishing, LLC**, the publisher of all the latest titles in the famous Chicken Soup for the Soul book series, which are distributed through Simon & Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold over 112 million copies in the U.S. and Canada alone, with titles translated into over 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees. The company is currently implementing a plan to expand into all media, is working with TV networks on several TV shows and is developing a major Internet presence dedicated to life improvement, emotional support, inspiration and wellness. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable and impactful books in the last quarter century. For more information visit: [www.chickensoup.com](http://www.chickensoup.com).

**Harvard Health Publications:** Harvard Health Publications (HHP) is the media and publishing division of the Harvard Medical School. The goal of its publications is to bring people around the world the most current health information that is authoritative, trustworthy, and accessible. HHP has been publishing award-winning consumer health books since 1996. HHP books are cutting-edge resources for intelligent consumers. The books are penned by Harvard Medical School faculty members, often working with professional writers. HHP authors are internationally renowned for their clinical work and research and have extensive, high-credibility platforms.

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To receive a review copy of *Chicken Soup for the Soul: Boost Your Brain Power!* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or [shelby@sheltoninteractive.com](mailto:shelby@sheltoninteractive.com).