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edit data. Alvaro Fernandez runs SharpBrains, an independent market research firm and think tank tracking applied brain science. Named a Young Global Leader by the World Economic Forum, he has been quoted by The New York Times, The Wall Street Journal, CNN, and more. Alvaro considers himself a "learning microorganism," and loves public speaking.

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life altering. Brain science is still a subject that needs a lot more study and investigation in my opinion.

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The SharpBrains Guide to Brain Fitness Ebook Content Selected by AARP as part of its Best Books Series, The SharpBrains Guide to Brain Fitness is an invaluable guide that helps readers navigate growing brain research and identify the lifestyle factors and products that contribute to brain fitness.

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The SharpBrains Guide to Brain Fitness My interest in neuroscience and its implications for executive coaching, personal development and professional effectiveness led me to have lunch recently with Alvaro Fernandez, co-founder and CEO of SharpBrains , a market research

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The SharpBrains Guide to Brain Fitness cuts through the clutter of misconceptions, superficial and conflicting media coverage, and aggressive marketing claims, to help readers discover what really works, and what doesn't, to improve brain health and performance at any age, to delay or prevent cognitive decline, and become smarter consumers of both media coverage and ...

The SharpBrains Guide to Brain Fitness: How to Optimize ...

Selected by AARP as part of its Best Books Series, The SharpBrains Guide to Brain Fitness is an invaluable guide that helps readers navigate growing

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brain research and identify the lifestyle factors and products that contribute to brain fitness.

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The SharpBrains Guide to Brain Fitness is a singular, highly relevant tool in this pursuit. I highly recommend this book to educators, to parents and ultimately to anyone interested in enriching, preserving and better

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The SharpBrains Guide to Brain
Fitness: Practical Advice to Keep
Your Brain Sharp

I was sufficiently inspired by my conversation with Alvaro that I went on to read The SharpBrains Guide to Brain Fitness, which he co-authored with Dr. Elkhonen Goldberg, his SharpBrains co-founder. (Full disclosure: I know Alvaro personally from business school, and he loaned me a copy of his book.)

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