

Whole Brain Power: The Fountain of Youth for the Mind and Body

Michael Lavery, Gregory Walsh

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Whole Brain Power: The Fountain of Youth for the Mind and **Body**

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Whole Brain Power: The Fountain of Youth for the Mind and Body Michael Lavery, Gregory Walsh Michael J. Lavery's theories about how large and small motor-skill development of both right and left hands is directly linked to development in the left and right hemispheres of the brain is revolutionizing our understanding of how best to train the brain. The application of his theories and training methodologies are universal, including benefits for athletes seeking to supercharge their performance, for Baby Boomers wanting to reverse the aging process, and for retirees looking to rejuvenate their memory powers and regain an active lifestyle. Learn how a dozen Whole Brain Power All-Star practitioners from the ages of fifteen to ninety-one have transformed their brains and bodies through Michael's simple ambidextrous skill training, penmanship drills, and memory drills. To purchase the Whole Brain Power Workbook and Progress Journal, which is the companion piece to Whole Brain Power, or to buy the hardcover edition of Whole Brain Power, GO TO www.lulu.com/wholebrainpower Get ready to become part of the revolution in wholebrain development in the 21st century.



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