



Better Brain Health: The Key to Your Six Cognitive Domains

MD, John H. Dougherty Jr

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Do you know that there are six cognitive domains and each one needs care and nurturing? Better Brain Health helps individuals to understand the brain's six cognitive domains and the difference between normal aging and dementia. It is focused on providing information about how our brain works and what happens as our brain ages. Learn the best ways to strengthen and manage your overall brain health and the impact lifestyle choices and changes make. This book is a result of years of experience in the neurology clinic, evaluating and following over 3500 patients with dementia.

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