

The Brain Health Book



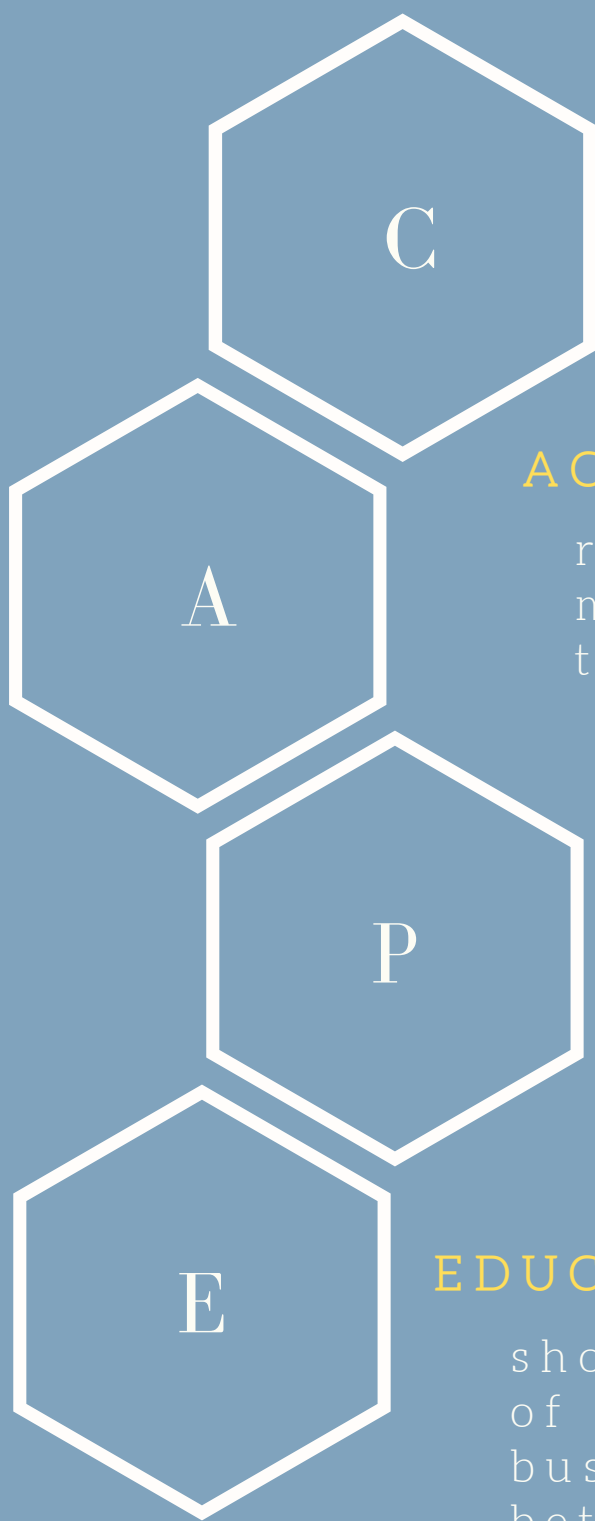
USING THE POWER OF NEUROSCIENCE
TO IMPROVE YOUR LIFE

JOHN RANDOLPH

THE C.A.P.E.SM MODEL OF BRAIN AND COGNITIVE HEALTH

from **The Brain Health Book** by Dr. John Randolph

C.A.P.E. is an acronym that describes how to successfully improve brain function and cognitive health.



COGNITIVE STRATEGIES

give us the ability to remember, organize, and manage information in daily life.

ACTIVITY ENGAGEMENT

refers to physical, social, and mental or intellectual activity that stimulates the brain.

PREVENTION OF COGNITIVE PROBLEMS

highlights the importance of a brain-healthy diet, reducing stress, and sleeping well to boost brain health.

EDUCATION ABOUT THE BRAIN

shows us a new understanding of how the brain works by busting myths and promoting better brain habits.

LEARN MORE IN

The Brain Health Book
by John Randolph

Which Includes

- Examples of Simple Cognitive Strategies
- Written Exercises to Boost Brain Power
- Checklists for Personal Cognitive Goals



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