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# Brain Maker: Summary And Analysis, David Perlmutter's Brain Maker In 7 Minutes + 4 Bonus Books



## Synopsis

TIME LIMITED SPECIAL OFFER FREE BONUSES INCLUDED: ..YES!!!! TODAY We've combined not 1 not 2 but FOUR more books each RRP \$2.99 giving a total rrp of \$14.95. Just take a quick look at the JAW DROPPING list of phenomenal books which you get TODAY as part of this deal along with the above title:- Summary & Analysis of Dr. David Perlmutter's Grain Brain - Summary & Analysis of Amelia Freer's Eat, Nourish, Glow - Summary & Analysis of Christiane Northrup's Goddesses Never Age - Summary & Analysis of Stephen Covey's The 7 Habits of Highly Effective People David Perlmutter is a certified neurologist and Fellow of the American College of Nutrition. What is most prominent in his books and his teachings is that he is not trying to find ways to cure disease but instead is looking for ways to prevent it. He believes that many problems can be solved by dietary and lifestyle changes and links many brain conditions through simple bad habits. His book, âˆBrain Makerâ™ takes us through some incredible new research proving that the health of the brain is directly impacted by the health of your intestines. We take you through the fundamentals of the gut and the brain, and then we take a look at seven ways to boost your brain by boosting your gut. For more information we urge you to read âˆBrain Makerâ™ which takes a much deeper look at this phenomenal new way of living and thinking.

## Book Information

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## Customer Reviews

I bought this kindle book and returned it. In a 7 minute "summary and analysis", I expected bullet points that noted the major points of the book, with just enough explanation to gain a basic understanding of the concepts behind those points. In a 7 minute read, this article managed to meander quite a bit. Surprisingly for such a short piece, a lot of the writing just took up space - not really conveying information, just getting the word count up. The writer randomly drifted from third person to first, with the first person parts reciting either Dr. Perlmutter's personal impressions from the book (without quotes) or those of the writer, I couldn't tell. Before downloading this article, I did an internet search, read a couple of reviews, and listened to an interview with Dr. Perlmutter. This article added nothing to what I already knew. You might think I shouldn't expect so much from a short article, but Dr. Perlmutter obviously put months or years of research into his book. A concise, bulleted, condensed version of the book might be worth a fifth of the full price, but not a poorly written paper that could easily have come from a casual skimming of the original. I bought Brain Maker, but this article contributed nothing to that decision. I should have known when they misspelled the title.

Highly recommended. I've studied nutrition for 30 years for a very selfish reason.....men in my family died early! I didn't want to be one of them. Yeah, yeah, I get it, I've got a lot of bad genes, However, what I've come to learn is that genetics is merely a gun to your head, loaded with bullets and cocked! Pulling the trigger is a matter of your lifestyle choices. You are not doomed by your genetics! I'm 67 and have outlived my the males in my family by a decade, I still practice full-time, still play competitive tennis and still got the "six-pack" abs! And for the many others out there in my situation, we've accomplished this by healthy lifestyle choices. This includes having the right attitude, regular exercise and EATING correctly. I've been eating as suggested in Brain Maker for many years and as a result have GOOD HEALTH to show for it! Sound eating principles back by sound nutritional research. This 7 minute summary gets right at the HEART of the matter,. I recommend Dr. James Maisley's "The 30 Day Heart Tune Up" as a great read for Heart Health!Dr. D

Cliff Notes ----- when you already know the material to some degree and desire to know it betterGreat condensing of the longer bookI already knew the whys I wanted to know Perlemutters implementation

Useful synopsis of Bra Makers and several other books. It presents the essential ideas with little embellishment. Since examples are the convinces in such books, reading these is not likely to produce a change in behavior.

Reading these 5 summaries helped me decide that there was only one of these books that I was interested in reading. I will order it now, with the knowledge that I will b glad to have read the whole thing.

These uber-summaries of five self-help books made me want to buy them all. If you are just drowning, though, download this. You'll find greater peace and health, even if you are disabled and/or feel trapped in an unhappy situation. Think of this book as a condensed GPS you can use to design your own roadmap, but still feel at peace as you contend with the inevitable bumps and dead-ends we all face.

This summary gets down to the important things - what to eat and what to avoid - but at less than 10 pages per book, it could give a little more information and detail.It's good enough, but that's all. I have yet to read the actual books to judge the quality of these cliff's notes though.

It provided a lot of the information but I went ahead and bought the full book. I am glad I did because there was a lot that was cover that I believed necessary

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