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(Hardcover)

Published January
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Hardcover, 304
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John J. Ratey, Eric

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John J. Ratey turns

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this idea onto its
proverbial head.
Within the pages of
the book, Dr. Ratey
looks at multiple
studies showing that
exercise actually has
a hugely significant
effect on the brain.

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Science of Exercise

Page 23/34

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Ratey examines how
exercise contributes
to better brain
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Author John Ratey,
who is a professor of
psychiatry at Harvard
Medical School wrote
the book Spark: The
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science of exercise &
the brain. In this
book, Author John
Ratey explained very
clearly how the body
and mind related to
each other and how
exercise improves
brain functionality.

John Ratey's Spark
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John Ratey is a
psychiatry prof at
Harvard Med School.
His book Spark: The
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and the Brain [
Amazon] is about the
tremendous benefits
of exercise,
specifically cardio-
intensive activities
like running and
biking.

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