



# **Brain Candy: Boost Your Brain Power with Vitamins, Supplements, Drugs, and Other Substances: A Comprehensive Guide**

*Theodore Lidsky, Jay Schneider*

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### Where Are My Keys?

Keep forgetting where you put your keys? Wish you could get through the crossword faster? Experiencing too many "intellectual pauses"? Then this is the book for you.

*Brain Candy* is an authoritative, comprehensive, and above all, cutting-edge look at what you can take to rev up your brain -- enhance memory, think faster, sharpen creativity, focus better. The only authors yet to tackle this subject who are experts in both brain function and drug action, Theodore Lidsky and Jay Schneider explain in plain English what the effects of these substances are on the body. Do they really work? Are they safe? Are they readily available? Topics include:

- How to tell if a drug is worth taking
- The neuropsychology of forgetting
- Why drugs can help you think better
- What you can take: smart drugs, amino acids, hormones, vitamins
- And much more

For aging baby boomers -- and for anyone else who wants a quicker wit -- *Brain Candy* has all the answers.

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