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John J. Ratey takes a fascinating look
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brain as a muscle. Like all muscles, it grows with activity and shrivels (atrophies) with inactivity. The more exercise and more INTENSE the exercise is the more the brain grows. Inactive culture.

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SPARK - Gaslight Media The Brain

Spark: The Revolutionary New
Science of Exercise and the Brain
(Hardcover) Published January 10th
2008 by Little, Brown Spark.

Hardcover, 304 pages. Author (s):
John J. Ratey, Eric Hagerman. ISBN:
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In Spark: The Revolutionary New
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John J. Ratey turns this idea onto its

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of 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.

Spark: The Revolutionary New

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In Spark: The Revolutionary New Science of Exercise and the Brain, John Ratey examines how exercise contributes to better brain function. Ratey discusses how exercise is strongly related to better learning, reducing stress, combatting anxiety

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and addiction, improving hormones
and reducing the impacts of the
aging process.

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We all know that exercise is good for

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This is the reason Author John Ratey,
who is a professor of psychiatry at
Harvard Medical School wrote the

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book Spark: The revolutionary new 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.

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John Ratey's Spark And The Brain |
Best Book Summaries

John Ratey is a psychiatry prof at Harvard Med School. His book Spark: The Revolutionary New Science of Exercise and the Brain [Amazon] is about the tremendous benefits of exercise, specifically cardio-intensive

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1-Page Cheatsheet: John Ratey ' s
Spark – Kevin Habits

Dr. John Ratey Excerpt from Spark,
The Revolutionary Science of Exercise
and the Brain CHAPTER 1 The first

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chapter discusses the benefits of
exercise using Naperville Central High
School as a case study.

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Filled with amazing case studies (such
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