



Brain Candy: Boost Your Brain Power with Vitamins, Supplements, Drugs, and Other Substance

Theodore Lidsky, Jay Schneider

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

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