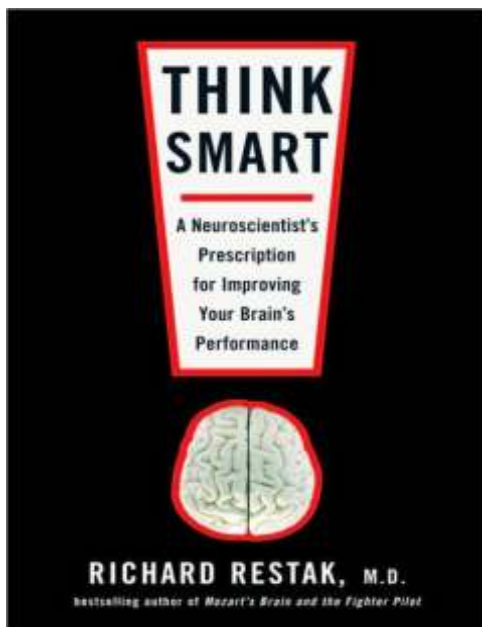


Bestselling author of  
*MOZART'S BRAIN AND THE  
FIGHTER PILOT*



Read by Arthur Morey

Category: Self-Help

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**Richard Restak, M.D.**, is an award-winning neuroscientist, neuropsychiatrist, and clinical professor of neurology at the George Washington University Medical Center. The bestselling author of eighteen acclaimed books about the brain, including

*Mozart's Brain and the Fighter Pilot* and *Poe's Heart and the Mountain Climber*. He has also penned dozens of articles for a variety of publications. Restak lives and practices in Washington, D.C.

**Arthur Morey** has performed in theaters and cabarets in New York, Chicago, and Milan. Winner of three Earphones Awards, he has narrated novels by John Irving and Richard Russo, as well as non-fiction by John McCain and George Tenet.



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RICHARD RESTAK, M.D.

## THINK SMART

A Neuroscientist's Prescription for Improving Your Brain's Performance

A leading neuroscientist and the bestselling author of *Mozart's Brain and the Fighter Pilot* distills the latest research on the brain and serves up practical, surprising, and illuminating advice for warding off neurological decline, improving cognitive function, and encouraging smarter thinking day to day.

In *Think Smart*, the renowned neuropsychiatrist and bestselling author Richard Restak details how each of us can improve and tone our body's most powerful organ: the brain.

As an expert on the brain, Restak knows that in the last five years there have been exciting new scientific discoveries about the brain and its performance. So he has asked his colleagues—among them the world's leading brain scientists and researchers—one important question: What can I do to help my brain work more efficiently? Their surprising and remarkably feasible answers are at the heart of *Think Smart*.

Dr. Restak combines advice culled from cutting-edge research with brain-tuning exercises to show how individuals of any age can make their brains work more effectively. In the same accessible prose that made *Mozart's Brain and the Fighter Pilot* a *New York Times* bestseller, Restak presents a wide array of practical recommendations about a variety of topics, including the crucial role sleep plays in boosting creativity, the importance of honing sensory memory, and the neuron-firing benefits of certain foods.

In *Think Smart*, the man the Smithsonian Institution has called "wise, witty, and ethical" offers audiences helpful suggestions for fighting neurological decline that will put every listener on the path to building a healthier, more limber brain.

### KEY POINTS/MARKETING

- National media campaign
- National print reviews and features
- Radio satellite tour
- Author's Web site: [www.richardrestak.com](http://www.richardrestak.com)

### PRAISE FOR THINK SMART

"Arthur Morey crisply and clearly delivers Restak's accessible prose.... He imparts the author's recommendations and practical knowledge for keeping the brain healthy with zeal. Your mind can't afford to miss this." —*AudioFile*

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