



# Spark: The Revolutionary New Science of Exercise and the Brain (Your Coach in a Box)

By John J. Ratey

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Did you know that in a landmark study, aerobic exercise was shown to be as effective as antidepressants? That women who exercise, lower their chances of developing dementia by 50 percent? That a revolutionary fitness program helped put one U.S. school district of 19,000 kids first in the world in science? That, in fact, exercise sparks new brain-cell growth? The evidence is incontrovertible: aerobic exercise physically transforms our brains for peak performance.

In *Spark*, John J. Ratey, MD, takes the listener on a fascinating journey through the mind-body connection, presenting startling new research to prove that exercise is truly the best defense against everything from mood disorders to ADHD to addiction to menopause to Alzheimer's. He explains that the brain works just as muscles do-growing with use, withering with inactivity-and shows why getting your heart and lungs pumping can mean the difference between a calm, focused mind and a harried, inattentive self.

Filled with cutting-edge science and amazing case studies, *Spark* is the first audio book to explore the connection between exercise and the brain. And with a simple, targeted regimen to get the listener's body moving and his mind in peak condition, it will forever change the way he thinks about his morning run-and, for that matter, the way he thinks.

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**Spark: The Revolutionary New Science of Exercise and the Brain (Your Coach in a Box) By John J. Ratey Bibliography**

- Sales Rank: #1509009 in Books
- Brand: Brand: Hachette Audio
- Published on: 2009-08-03
- Formats: Audiobook, CD, Unabridged
- Original language: English
- Number of items: 8
- Dimensions: 6.00" h x 1.29" w x 5.25" l, .45 pounds
- Running time: 570 minutes
- Binding: Audio CD



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### Editorial Review

#### Review

"At last a book that explains to me why I feel so much better if I run in the morning! This very readable book describes the science behind the mind-body connection and adds to the evidence that exercise is the best way to stay healthy, alert, and happy!"?Dr. Susan M. Love, *Dr. Susan Love's Menopause and Hormone Book* and *Dr. Susan Love's Breast Book*

"Bravo! This is an extremely important book. What Cooper did decades ago for exercise and the heart, Ratey does in SPARK for exercise and the brain. Everyone--teachers, doctors, managers, policy-makers, individuals trying to lead the best kind of life--can benefit enormously from the utterly convincing and brilliantly documented thesis of this ground-breaking work. People know that exercise helps just about everything, except anorexia, but it will surprise most people just how dramatically it improves all areas of mental functioning. So, get moving! Your brain will thank you and repay you many times over."?Edward Hallowell, M.D., *The Hallowell Centers*

"This book is a real turning point that explains something I've been trying to figure out for years. Having experienced symptoms of both ADHD and mild depression, I have personally witnessed the powerful effects of exercise, and I've suspected that the health benefits go way beyond just fitness. Exercise is not simply necessary, as Dr. Ratey clearly shows, it's medicine."?Greg LeMond, *Three-time winner of the Tour de France*

"SPARK is just what we need--a thoughtful, interesting, scientific treatise on the powerful and positive impact of exercise on the brain. In mental health, exercise is a growth stock and Ratey is our best broker."?Ken Duckworth, M.D., *Medical Director for the National Alliance on Mental Illness*

#### About the Author

John J. Ratey, MD, is a clinical associate professor of psychiatry at Harvard Medical School. He is the author or coauthor of eight books, including *Driven to Distraction*, *Shadow Syndromes*, and *A User's Guide to the Brain*. He lives in Wellesley, Massachusetts.

### Users Review

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##### Sybil Moore:

This Spark: The Revolutionary New Science of Exercise and the Brain (Your Coach in a Box) tend to be reliable for you who want to be a successful person, why. The main reason of this Spark: The Revolutionary New Science of Exercise and the Brain (Your Coach in a Box) can be on the list of great books you must have is definitely giving you more than just simple looking at food but feed you actually with information that maybe will shock your prior knowledge. This book is definitely handy, you can bring it everywhere and whenever your conditions throughout the e-book and printed ones. Beside that this Spark: The Revolutionary New Science of Exercise and the Brain (Your Coach in a Box) forcing you to have an enormous of experience for instance rich vocabulary, giving you test of critical thinking that we know it useful in your day pastime. So , let's have it appreciate reading.

**Henry Evans:**

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**Jose Tiernan:**

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**Corrine Steinke:**

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