

# eWellness magazine

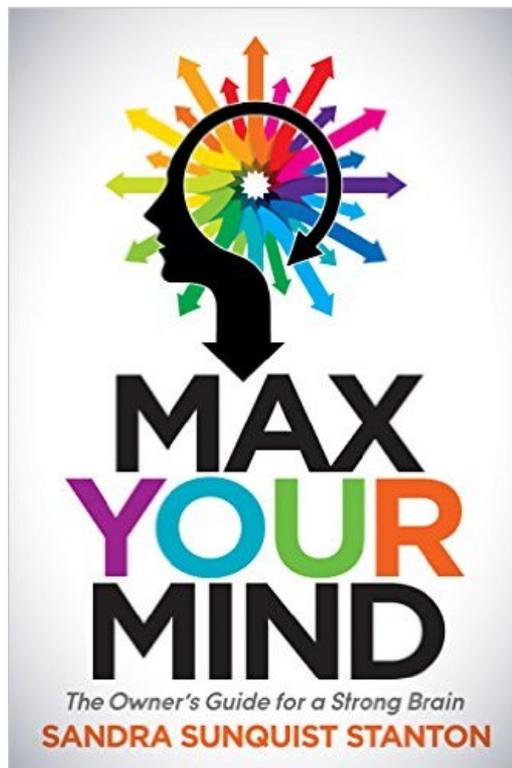
## Max Your Mind

2015-10-29

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**New Brain Building Book by Sandra Stanton Helps Keep Aging Minds Sharp.** Have you ever walked into a room and forgotten what you went in there for? Or forgotten your neighbor's son's name, even though they've lived next door for years? Instances like this are all part of "the Fade" — the slowing down of the mind as the years pass. However, getting older doesn't have to mean growing forgetful! **Max Your Mind: The Owner's Guide for a Strong Brain** takes a light-hearted look at the struggles of aging and offers tips and guidance for how to stay young in heart and mind.



Growing older is a gift that comes with many benefits. With age comes maturity, experience, and wisdom. Sandra Stanton shows readers how they can add to this list a second wind of energy and a renewed sense of purpose. The insights offered in **Max Your Mind: The Owner's Guide for a Strong Brain** can lead to a stronger brain, body, spirit, and relationships. Using a balanced mix of neuroscience research and humorous personal anecdotes, this new book communicates the keys to taking care of your brain in an understandable and relatable way. Additionally, the faith-based perspective guides and encourages readers to live fully as God intended.

With Reflection and Application sections at the end of each chapter, the principles taught throughout the book are brought into the reader's own personal experiences. With sections dedicated to Body, Mind, Spirit, and Relationships, Stanton offers a well-rounded approach to brain health that goes beyond just maintaining memory function. **Max Your Mind** is the key to beating "the Fade" and embracing "the Boost" of maturity and new life that comes with aging.

**About the Author:** Sandra Sunquist Stanton NCC, LPC, BCC of Eau Claire WI is an author, speaker and board certified health and wellness and life coach. Since retiring from school counseling after twenty-five years, she has published over fifty articles and book chapters, has presented over 100 workshops in 8 states and in Canada, and has been invited to set up a guidance program at Kunming International Academy in Yunnan, China. Sandra

continues to help people of all ages make the most of their amazing brains through her business, Connections of the Heart LLC, and her online platforms.

**More About This Title:**

*Max Your Mind: The Owner's Guide for a Strong Brain* by Sandra Stanton will be released by Morgan James Publishing on November 3, 2015. *Max Your Mind*—ISBN 978-1630475512—has 216 pages and is being sold as a trade paperback for \$17.95.