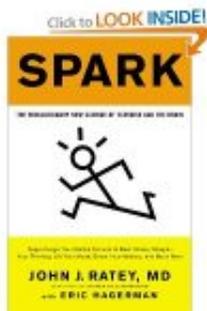


Randy's Reading Roundup

Tag Archives: *john ratey*

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Spark: Exercise and the Brain by John Ratey



(9/10) Spark is an incredibly fascinating book about the relationship between the body and the mind, in particular how the body can directly affect the mind. Human beings are the smartest creatures on the planet. So smart that we've been able to nearly eliminate the necessity of exercise from our lives. This presents us with a huge problem, however. Humans evolved to move, run, evade danger, hunt for food, travel in groups, gather food and supplies, etc. In today's day and age, we essentially live a lifestyle the complete opposite of what are bodies are evolutionarily designed for. It's one of the main reasons why obesity, depression, anxiety, and many other ailments are so prevalent in society today.

This book presents a simple solution to many of the maladies of the mind, exercise. Throughout the book, the author presents the case for plain, old, simple exercise as the solution to so many of life's problems. Not only is exercise the solution to problems, but it is also the one of the best ways to maximize many of the traits that make us great. We all know exercise releases endorphins, which make us happy, but a good aerobic workout does so much more. Exercise is proven to help children and adults improve their focus, enhancing the learning process. Exercise settles our minds and helps us pay attention. Exercise triggers neurological signals in the brain to release all kinds of hormones, growth factors, enzymes, and signal carriers throughout the body. Studies have been done that prove these benefits of exercise, and our described in this book, but there are still countless untold benefits that have yet to be discovered.

If you want to be the best, smartest, most focused, healthiest, and happiest you can be, then exercise should be at the top of your list. In a world where ADHD, anxiety, depression, addiction, or many other disorders, exercise with or without medication has been proven as an effective treatment. This book will give you a whole new sense of the importance of exercise and will hopefully motivate you to get up and move.

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