

Dr. David Perlmutter, #1 *New York Times* bestselling author of *Grain Brain*, and his son, Dr. Austin Perlmutter, explore how modern culture threatens to rewire our brains and damage our health, offering a practical plan for healing.

Contemporary life provides us with infinite opportunities, along with endless temptations. We can eat whatever we want whenever we want. We can immerse ourselves in the vast, enticing world of digital media. We can buy goods and services for rapid delivery with our fingertips or voice commands. But living in this 24/7 hyperreality poses serious risks to our physical and mental states, our connections to others, and even the world at large.

Brain Wash builds from a simple premise: Our brains are being gravely manipulated, resulting in behaviors that leave us more lonely, anxious, depressed, distrustful, illness prone, and overweight than ever before. Based on the latest science, this audiobook identifies the mental hijacking that undermines each of us and presents the tools necessary to think more clearly, make better decisions, strengthen bonds with others, and develop healthier habits. Featuring a ten-day boot-camp program, including a meal plan and forty delicious original recipes, *Brain Wash* is the key to cultivating a more purposeful and fulfilling life.

DAVID PERLMUTTER, MD, is a board-certified neurologist and Fellow of the American College of Nutrition. He is the author of numerous books, including *Grain Brain*.

AUSTIN PERLMUTTER, MD, is a board-certified internal medicine physician. His academic interests center on studying the effects of burnout and depression as well as preventive care and chronic-disease management.

READ BY PETER GANIM



Running Time: Approx. 8 Hours • Unabridged

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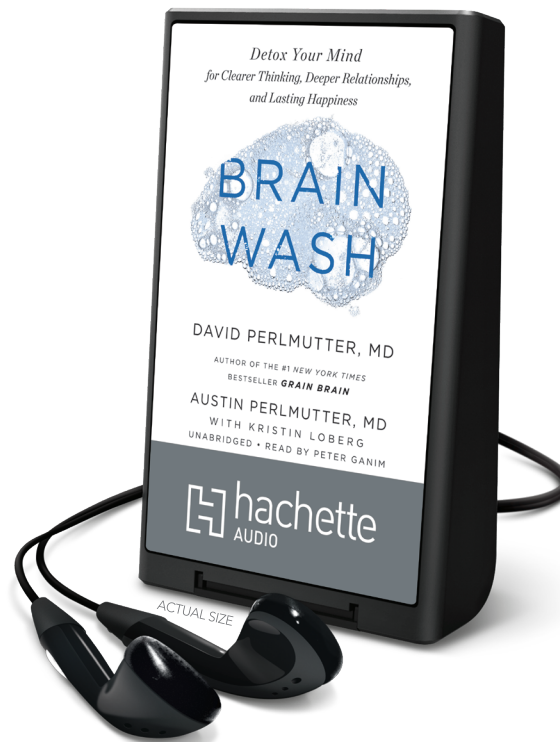


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BRAIN WASH
Detox Your Mind for Clearer Thinking, Deeper Relationships, and Lasting Happiness

DAVID PERLMUTTER, MD
AUSTIN PERLMUTTER, MD
WITH KRISTIN LOBERG

Unabridged



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