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He offers up a workout regimen to keep your brain fit. Restak, a psychiatrist in Washington, D.C., is the author of the just-published Think Smart: A Neuroscientist's Prescription for Improving Your Brain's Performance.

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Richard Restak (born 1942) is an American neurologist, neuropsychiatrist, author and ISBN 978-0-609-81005-7; Poe's Heart and the Mountain Climber , 2004; The New Brain:, 2004; The Naked Brain, 2007; Think Smart: A Neuroscientist's Prescription for Improving Your Brain's Performance, 2009. ISBN 1-59448-873-8

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