



## The Edge Effect: Achieve Total Health and Longevity with the Balanced Brain Advantage

By Eric R. Braverman

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### **The Edge Effect: Achieve Total Health and Longevity with the Balanced Brain Advantage** By Eric R. Braverman

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*By Eric R. Braverman*

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**The Edge Effect: Achieve Total Health and Longevity with the Balanced Brain Advantage** By Eric R. Braverman **Bibliography**

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### **Editorial Review**

#### **About the Author**

Dr. Eric Braverman is the Director of the Place for Achieving Total Health (PATH) in New York and Philadelphia, and the former Chief Clinical Researcher at the Princeton Brain Bio Center. He has appeared on numerous American radio and television programmes, from "Larry King Live" to "The David Letterman Show." He hosts "Total Health," a live call-in radio programme broadcast in New York and New Jersey.

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