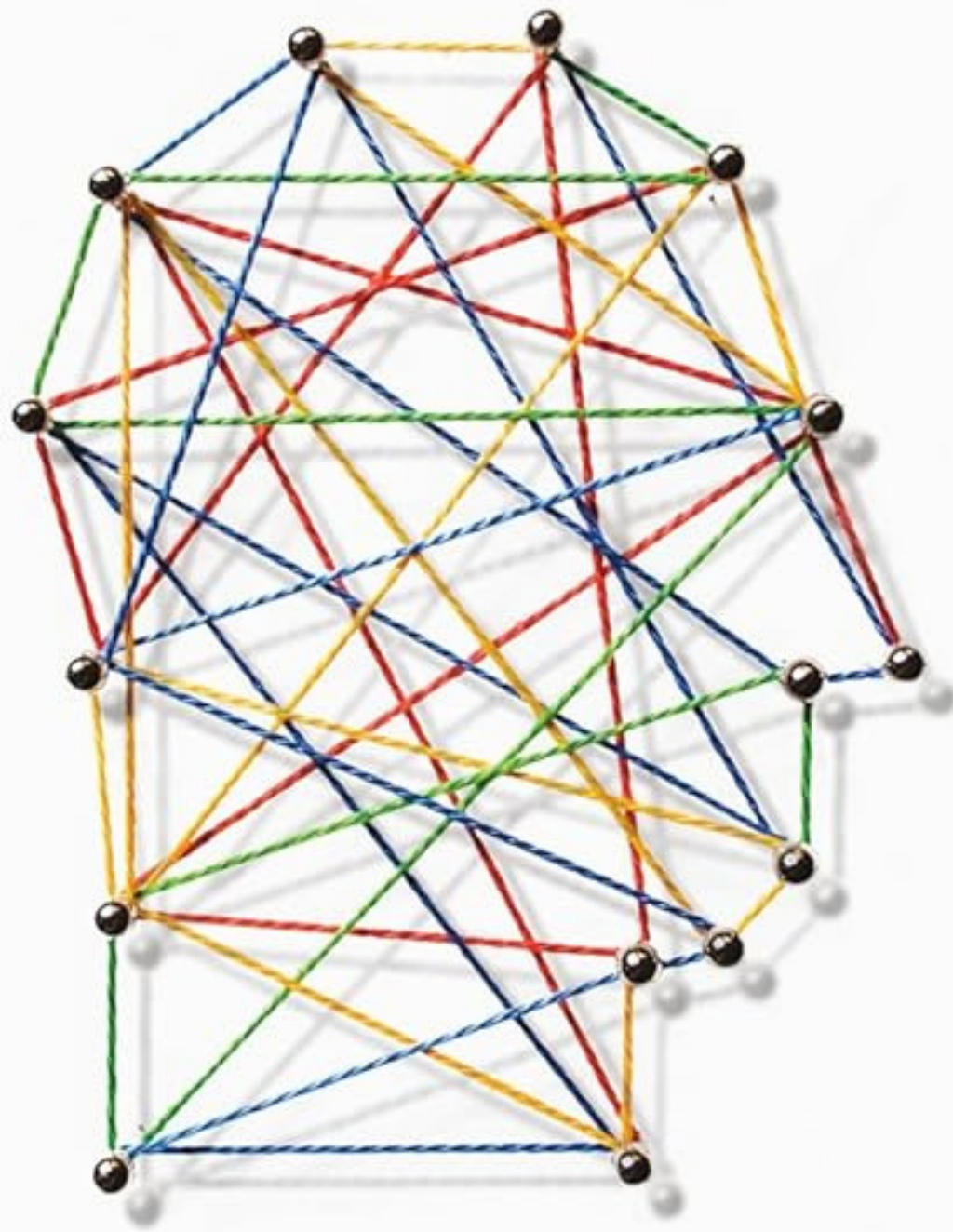


NEW YORK TIMES BESTSELLER

THE AGELESS BRAIN

How to Sharpen and Protect
Your Mind for a Lifetime



DALE E. BREDESEN, MD

Author of the *New York Times* bestseller *The End of Alzheimer's*



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Discussion Guide

The Ageless Brain: How to Sharpen and Protect Your Mind for a Lifetime.

Author: Dale Bredeesen, M.D

Genre: Health and Science Non-Fiction

Published March, 2025

1

Bredeesen argues that cognitive decline is not inevitable and that we can “sharpen and protect” our minds across the lifespan. How convincing do you find his argument? Which parts resonated most, and which parts raised doubts for you?

2

The book emphasizes how lifestyle factors (diet, sleep, exercise, stress, etc.) influence neuroplasticity and brain resilience. Which of these areas do you feel is most underappreciated in general public health discourse? Did Bredeesen present any surprising connections (e.g. gut, microbiome, toxins) that challenged your assumptions?

3

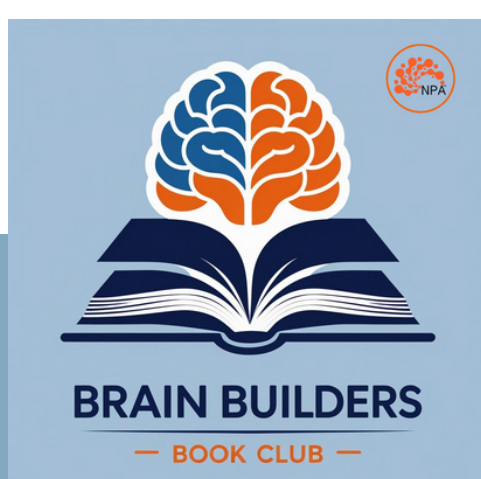
Bredeesen promotes a precision, individualized approach (e.g. using biomarkers, lab tests) rather than a “one-size-fits-all” prescription. What are the strengths and pitfalls of such an approach? Do you see barriers (logistical, financial, psychological) to people adopting it broadly?

4

Among all the recommendations in the book, which one(s) do you feel are the most feasible to start integrating into your daily life? Which feel too ambitious or unrealistic right now? What small “first step” might you commit to?

5

In discussions of brain health and Alzheimer’s prevention, there is often tension between optimism and overpromise. Did the book adequately handle uncertainties (trade-offs, conflicting data)? What areas would you like to see more rigorous trials or independent replication?



6

Bredesen often frames Alzheimer's and neurodegeneration as multifactorial. How well do you think he balances the whole-body / systems view versus mechanistic detail (genes, molecular pathways)? Did you feel the narrative leaned too far in either direction?

7

Bredesen emphasizes starting early (even in middle age or before) rather than waiting until cognitive symptoms emerge. How does that change your mindset about aging and prevention? Do you feel empowered or perhaps overwhelmed by the idea of long-term vigilance?

8

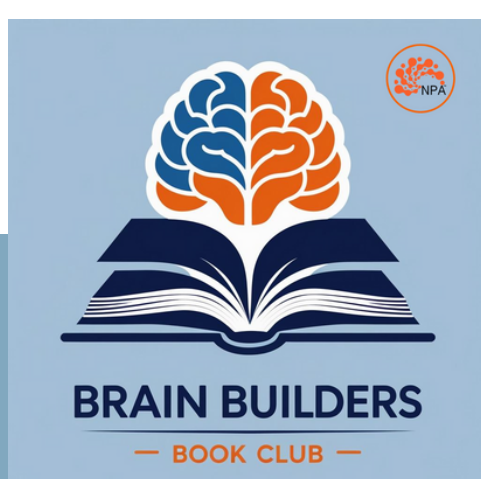
Many of the lifestyle and diagnostic recommendations might be easier for those with resources, access to healthcare, time, and stable environments. How could Bredesen's model be adapted or scaled to be more inclusive? What social or structural barriers might limit its reach?

9

The book combines clinical anecdotes, patient stories, and scientific explanations. Which stories impacted you the most, and why? Do you think they enhance or potentially bias the argument?

10

If Bredesen's framework became widely adopted, what would a society that truly "ages agelessly" look like (in terms of healthcare, public policy, education)? Conversely, what are the biggest obstacles (scientific, cultural, financial) that must be overcome to realize that vision?



About the Author



Dale E. Bredeesen, M.D.

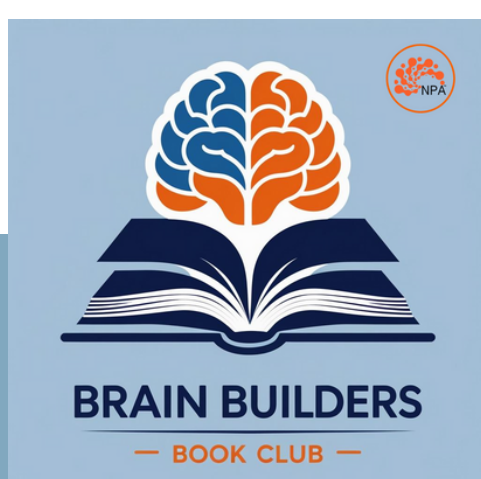
Dale E. Bredeesen, M.D., is an internationally recognized neurologist with specialty expertise in the mechanisms of neurodegenerative diseases, such as Alzheimer's disease. He is the author of the New York Times bestsellers *The End of Alzheimer's* (Avery, 2017) and *The End of Alzheimer's Program* (Avery, 2020), as well as *The First Survivors of Alzheimer's* (Avery, 2021).

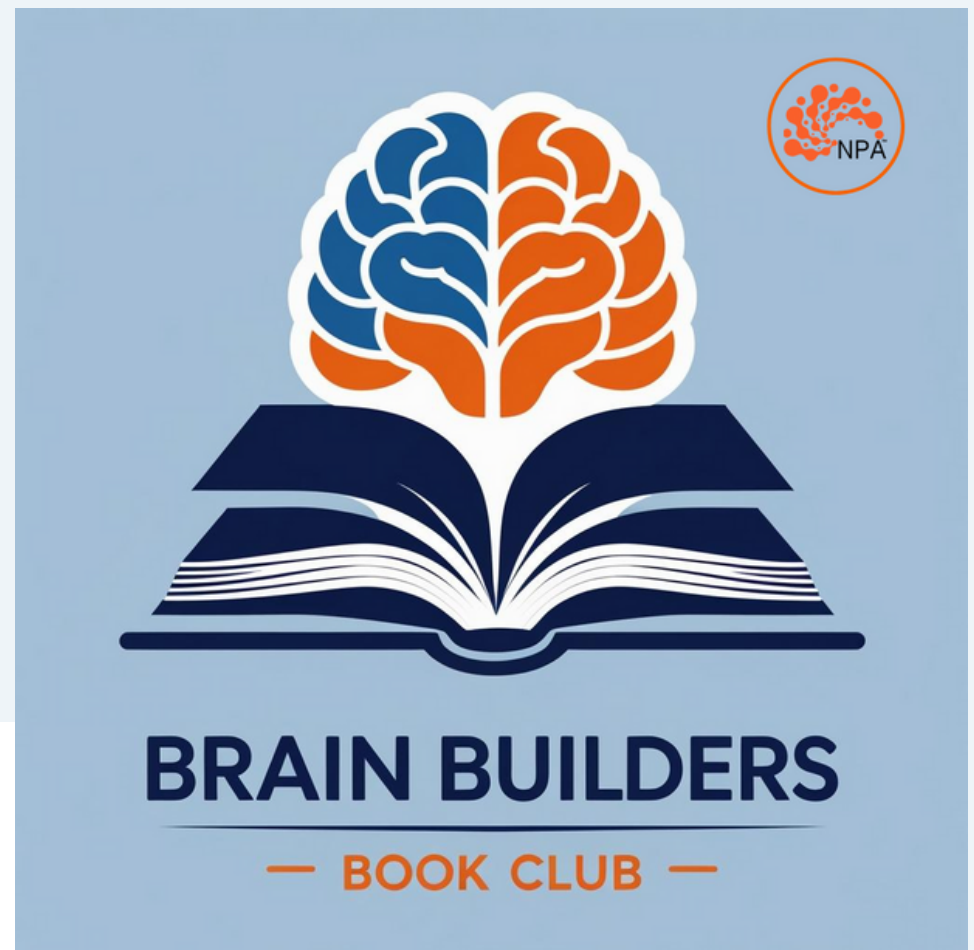
Guided by his philosophy and belief that Alzheimer's disease is not just preventable, but reversible, Dr. Bredeesen's innovative research has helped explain the physical mechanism behind the erosion of memory seen in Alzheimer's disease. His decades of clinical study and neurological research have opened the door to new approaches of treatment leading to the ReCODE Protocol™.

Also known as the Bredeesen Protocol, this methodology has emerged as a viable attempt to prevent, arrest, and reverse symptoms of cognitive decline associated with conditions such as Alzheimer's disease, dementias, and mild cognitive impairment.

He has held faculty positions at UC San Francisco, UCLA, and the University of California San Diego, and directed the Program on Aging at the Burnham Institute before coming to the Buck Institute for Research on Aging in 1998 as its founding president and CEO. He is currently a professor at UCLA. He is the senior director of Precision Brain Health at Pacific Neuroscience Institute® and the Chief Scientific Officer at Apollo Health.

Dr. Bredeesen earned his medical degree from Duke University Medical Center and served as Chief Resident in Neurology at the University of California, San Francisco (UCSF), before joining Nobel laureate Stanley Prusiner's laboratory at UCSF as an NIH Postdoctoral Fellow. He held faculty positions at UCSF, UCLA, and the University of California, San Diego.





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