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For people interested in self-improvement, the world can be a confusing place. Diet and exercise fads come and go, health advice changes, foods that were good for you last week are suddenly bad for you – and there are hundreds if not thousands of magazines, newspaper articles and self-improvement books all claiming to know the one true path to a better you.

This issue of New Scientist: The Collection is dedicated to cutting through the myths and getting to the scientific truth about diet, exercise and other forms of self-improvement. If you want a sharper mind, a fitter body, a healthier diet, a better chance of living to 100 and a glimpse at the future technologies that will help you get there, this is the only publication you need.

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