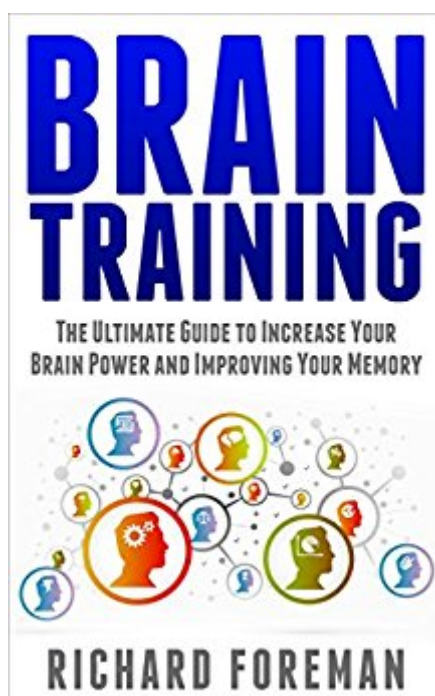


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# Brain Training: The Ultimate Guide To Increase Your Brain Power And Improving Your Memory (Brain Exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity)



## Synopsis

Over the last two thousand years, our understanding of how the human body works, why it works and how to fix it when it stops working has come a long way. Much of this understanding has come on in great leaps in the last hundred or so years. Medical science and the more recent branches of medicine, like psychology, have all contributed to a whole new understanding of how our bodies work and the way in which our internal organs function. Until recently, however, one organ and its functions remained elusive; the brain. Whether your brain can be repaired or not really depends on the scientific stance that you take. However, there is more and more evidence that mental and physical stimulation can result in better memory, concentration and speed at completing tasks. That means that there is every reason to keep your brain active by training it in different ways. As humans, we've used these amazing "super-computers" to get us to the moon and beyond but back here on earth just how those organs functioned was not fully understood. Advances in scanning technology have begun to change all that, although it's still very early days as far as understanding the complexities of the human brain go. One surprising find in recent years has been the discovery of a new concept known as "neuroplasticity" - in layman's terms the plastic nature of the brain!

## Book Information

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## Customer Reviews

I bought this book while buying a couple others in the same category. It was a mistake. The material is vague, broad, repetitive, unhelpful, and just plain bad. For example, meditation is covered 3 separate times within the 73 page book and not a single one of the mentions is filled with any information that is new, useful, or even interesting. I'm not sure about the credentials of the author (they aren't listed anywhere) but it looks like he's made a habit of putting out poor quality, self-published material on a plethora of topics, loading up keywords in the titles to aid in search, and collecting a series of dubious 5 star reviews to get the momentum rolling. I really can't express how much I disliked this book. Not a single source is cited, which I find troubling, and while it is believable that this book was written in a single sitting without any reference or research taking place I find it doubtful. I was pleasantly surprised to see the two images contained within the book were credited to either tumblr or flickr... I can't remember which and since I threw the book away 2 days ago I can no longer check. Save your \$5.00.

They say that you can't teach an old dog new tricks, but when it comes to the brain, this old adage simply isn't true. The human brain has an astonishing ability to adapt and change even into old age. To unlock the full potential of your brain, you need to read this book. Well written and organized, this guide will give you great info, useful tips and exercises that helps. Highly recommended!

As a holistic coach and author of several health-related books, I am always looking for good information that connects the dots between lifestyle, overall health with the health of our brains: mental, emotional and intellectual (neurological). This book is a great starting point with a lot of baseline information written in every day language for anyone to understand. There are 1-2 points where I hold a slightly different perspective- such as the actual IQ- which, research now shows never truly stabilises as we work the brain, IQ, or intelligence, can actually increase! I think the author is saying this in the book- without stating this, though. He also offers a lot of valuable suggestions and insights about ways to improve different aspects of the brain and memory. He draws on various aspects of the latest research and technology to support his views. Additionally, this is not an entire package plan. The book offers a wide range of suggestions that can all be used or tried individually. So it is easy to pick and choose the ideas that interest you as a reader. I even

went to a couple of the suggested sites, right away, because I was curious- and I am always really excited to find new and free-accessible online resources. Some parts repeat themselves, but I also found that this is a good way to re-enforce the message that is being conveyed. I will recommend this book out to my audiences as a great primer for understanding and improving mental ability.

I got this book because I am in college and needed a way to improve the speed and capabilities of my brain. And am I impressed. Ever since I read this book my grades have gone up and I've been able to remember a significant amount of more information from lectures. I find I'm less tired than I used to be thus allowing me to focus better in class, on tests, and homework. I didn't want to spend a fortune on a brain training program, so I'm glad that I found this book that honestly probably has the same information that those other more expensive products. So, I found this book extremely helpful and I know you will too!

This is one of the most comprehensive books about training I have ever come across. The author has made a great effort, the information is realistic and if action is taken, it is surely going to yield results. It is accepted everywhere that a good memory and high concentration is the key to success. Everyone makes efforts to achieve it . This book provides that much needed advice and action points which can help you achieve that. Some methods such as Yoga, meditation and exercise will have a permanent effect on the brain, memory and concentration, well explained. Also there are some supported strategies which will supplement the brain and add to its effectiveness with time. though one thing everyone talks about is multitasking, but I feel most of the people mess the things up when they try to do so many things at a time. A very good advice from the book is do one thing at a time, complete it then move to next. This is really great. We get boost from these small accomplishments and it saves the brain being directionless. Great piece of advice waiting for your action!

Do you have relatives who have drifted into dementia in their later years? Are you worried about this happening to you? Maybe you just want to improve your memory? Then you need Brain Training. Author Richard Foreman explains what brain training is and how you can ward off memory loss & improve recognition, recollection, and speed of thought processes. The book even included helpful tips on what to end to help your brain function at its ultimate level.

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Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory

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