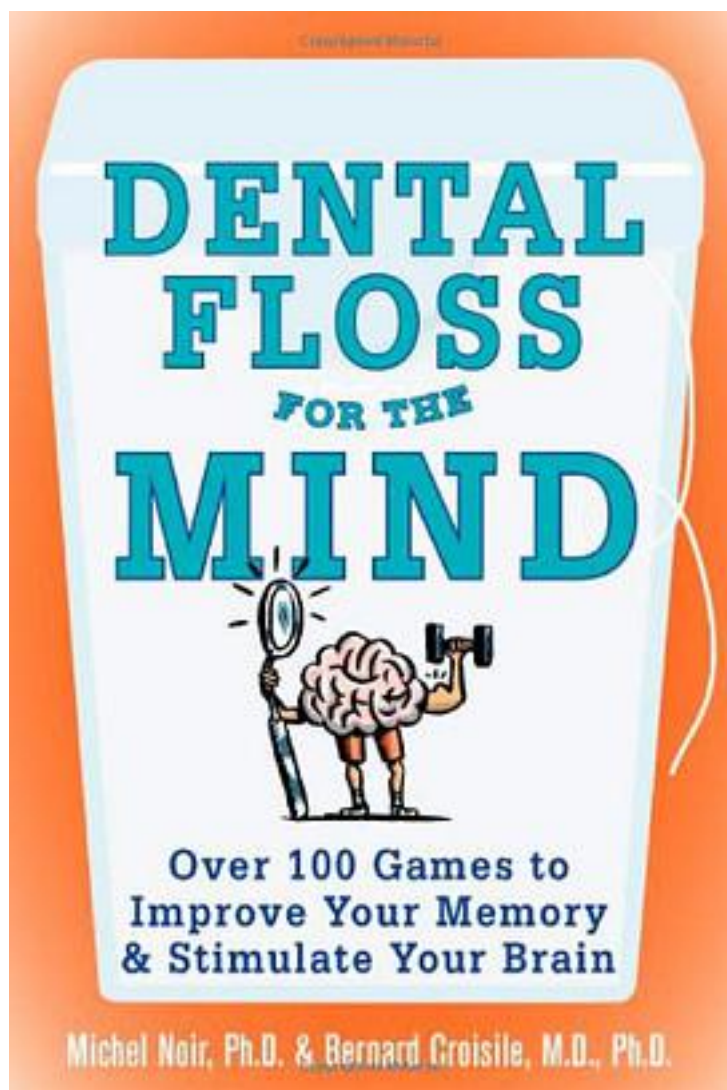


# Dental Floss for the Mind



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This title presents a total workout program guaranteed to build brain muscle fast. You exercise, try to eat right, and get enough sleep - all in the name of good physical health. But what have you done for your mind lately? Your brain is your most important organ, and all the latest scientific research indicates that, with regular doses of the right kind of mental stimulation, you can not only maintain but improve your brain power throughout your lifetime. Use it or lose it, as the saying goes - and now this book shows you how. Written by a noted cognitive scientist and a top neurologist, "Dental Floss for the Mind" features more than 100 creative and fun exercises that target the five key cognitive areas of memory, attention, language skills, spatial recognition, and reasoning ability. Exercises are of increasing difficulty and designed to progressively stimulate and build individual cognitive skills. A scoring system lets you assess your status, identify problem areas, and, with the help of the authors' expert guidance, set goals and improve various skills as needed. With "Dental Floss for the Mind" you'll: hone your attention to a razor's edge and block out annoying distractions; use all types of memory - sensory, short-term, long-term, episodic, semantic, and procedural - to the fullest; optimize reading comprehension and interpretive skills; fine-tune your spatial perception and mental imagery abilities; and, take your reasoning and analytical skills to lofty new heights.

作者介绍:

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