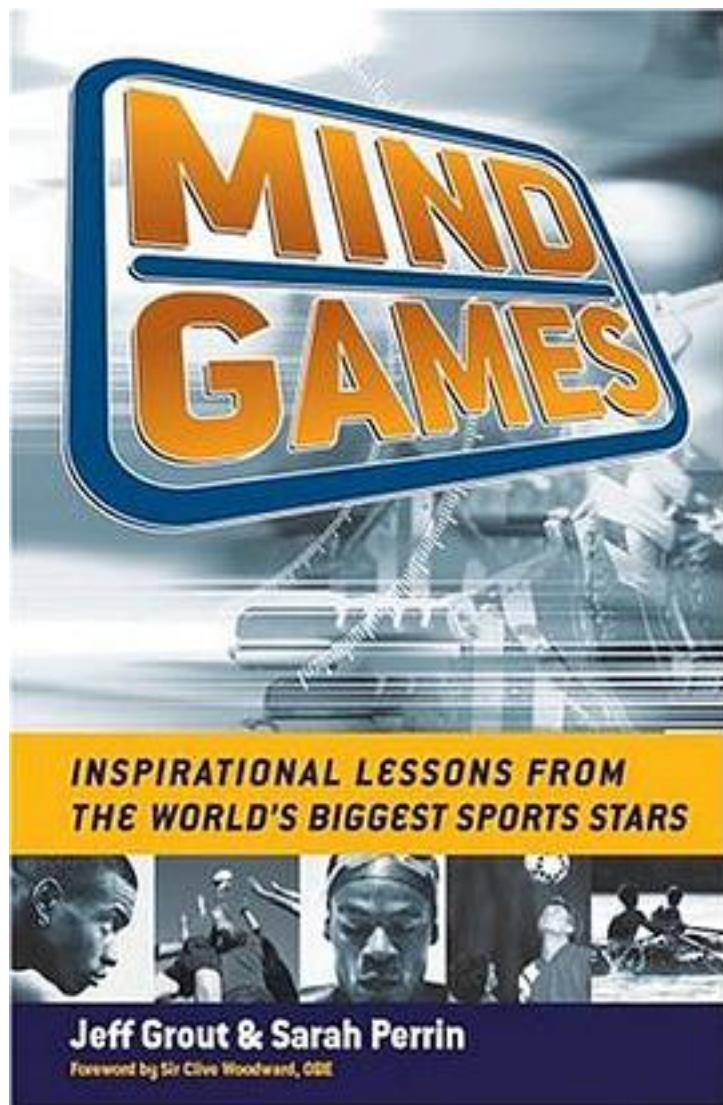


# Mind Games



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The brain, just like any other muscle, is strengthened through use. Mind Games teaches you the latest concepts on the workings of memory and how to apply them to "train your brain." Whether you are looking to sharpen your own memory, or the memory of a loved one, this book will provide the strategies and techniques needed. From mental exercises, games and activities, to diet recommendations and physical exercises, this resource can be used to train your brain for life. (mind, brain, health, memory)

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