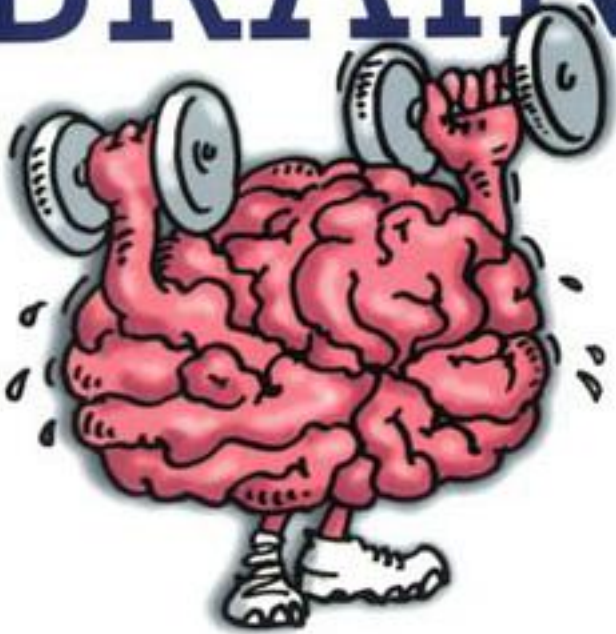


Train Your Brain

DOKU • KAKURO • LOGIC • MEMORY • CREATIVITY

TRAIN YOUR BRAIN



**The Complete Mental Workout
for a Fit and Agile Mind**

JOEL LEVY

SPATIAL AWARENESS • MENTAL SPEED • VERBAL DEXTERITY
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Dr Kawashima's brain training will change your life...Like the body, the brain needs exercise. And Dr Ryuta Kawashima has dedicated his life to researching exactly how we can make our brains work better. Here are his results - in a highly rewarding programme of carefully chosen, deceptively simple activities. Each day you fill in a worksheet of easy exercises and with weekly self-tests and a personal logbook you can track your progress. Taking just a few minutes a day over two months, you really can boost your brainpower and creativity.

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