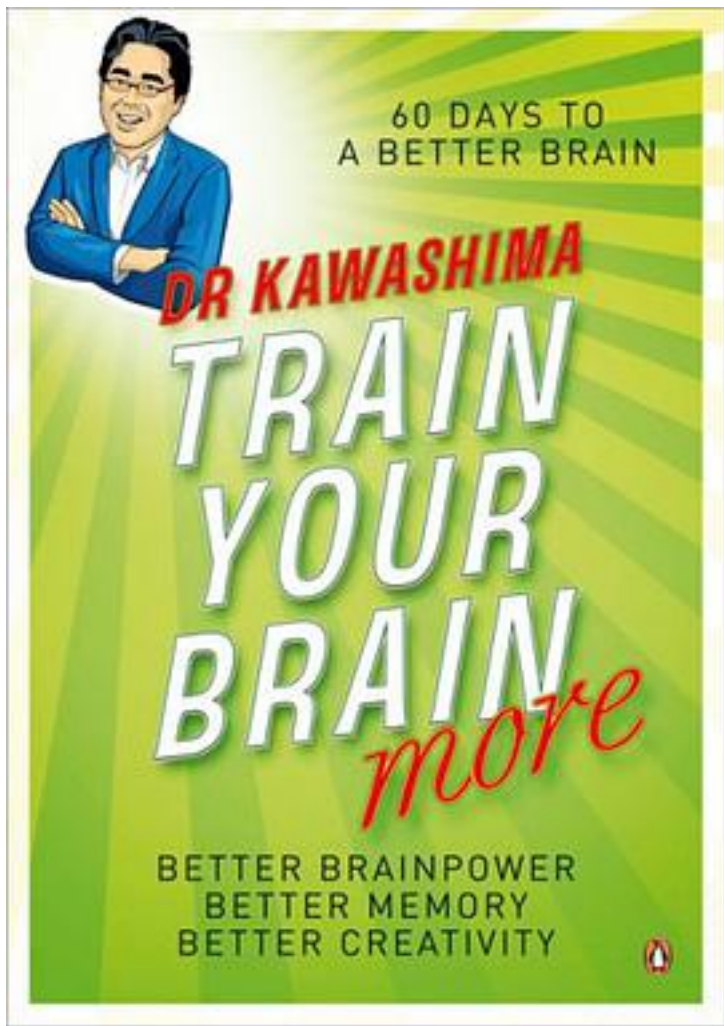


Train Your Brain More



[Train Your Brain More_ 下载链接1](#)

著者:Kawashima, Ryuta

出版者:

出版时间:2008-12

装帧:

isbn:9780141035505

This book could save your life...Do you ever find the simplest words or the most

obvious names suddenly escape your mind for no apparent reason? Do you ever walk into a room and forget why you came in? Is your memory getting steadily worse? "Train Your Brain More" can turn back the clock...Like the body, the brain needs exercise. And Dr. Ryuta Kawashima, world-renowned professor of neuroscience at Tohoku University, has dedicated his life to researching exactly how we can make our brains work better. Here are his results - set out in a highly rewarding new programme of deceptively simple activities, each carefully chosen to stimulate a different part of your brain. Every day you fill in a worksheet of easy exercises and then with weekly 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 brain-power and creativity. Everyone who has tried Train Your Brain will be back for more.

作者介绍:

目录:

[Train Your Brain More_ 下载链接1](#)

标签

评论

[Train Your Brain More_ 下载链接1](#)

书评

[Train Your Brain More_ 下载链接1](#)