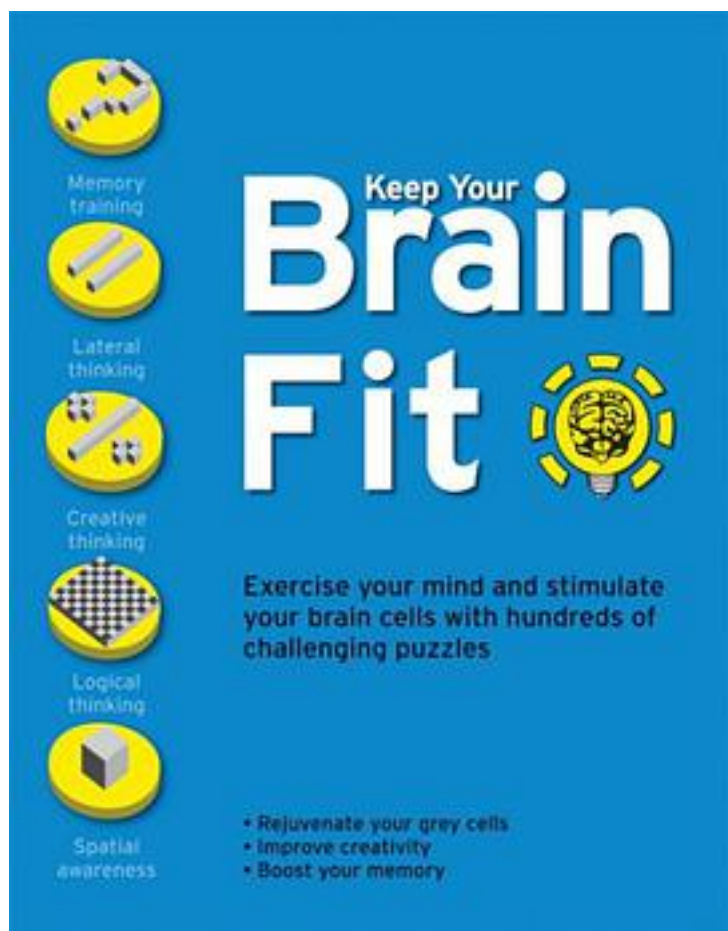


# Keep Your Brain Fit



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You can train your brain and live smarter, longer That's the message in this fully illustrated guide to mental fitness. Clinical research suggests that a program of mental exercises can help to increase brain power and even halt or reduce the effects of

Alzheimer's disease. This illustrated guide features puzzles, word and number patterns, logic skills, cognitive reasoning exercises, nutritional advice, and much more, all designed to help readers keep their minds in tip-top shape. There are tips and techniques that anyone can use to optimize their thinking, along with self-administered tests that measure progress. It's like a gym for the mind

作者介绍:

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