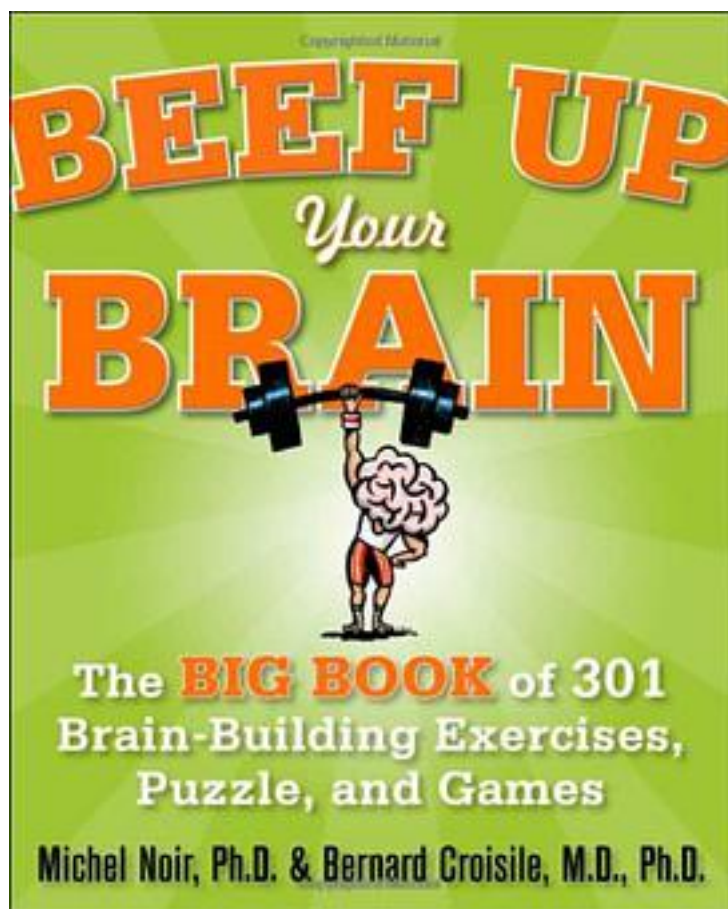


# Beef Up Your Brain



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出版者:

出版时间:2009-10

装帧:

isbn:9780071700580

Bodybuilding for the Brain Flex the biggest muscle in your body and keep it running at optimum level. Scientists all over the world agree that leading a mentally stimulating life can increase brain power and the authors of this popular series have come up with another brain-boosting title that is sure to get your mental wheels churning while you

enjoy hours of fun. Develop a six-pack brain with more than 301 games, puzzles, and exercises that provide the ultimate mind-blowing workout and keep your brain sharp and alert for life. BENCHPRESS YOUR BRAIN INTO SHAPE AND: Stretch and warm up your concentration Perform brain curls for increased attention span and sharper focus Bulk up on memory power Increase your mental reps and ward off diseases like dementia and Alzheimers Every time you do some of the puzzles in this fun guide, it's like taking your brain to the gym!

作者介绍:

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