



Brain Building Games with Words and Numbers

Allen D. Bragdon, David Gamon

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Neuroscientists now know that brain cells begin to deteriorate naturally as soon as the young brain has matured, at about age 21. The trick to high job performance and a self-sufficient old age is to slow down the loss of function by keeping the neurons you still have actively connected with each other. This book's ingeniously formatted, skill-graded exercises target the crucial brain circuits that control: , short- and long-term memory , executive planning , the ability to learn faster , doing math in your head , recalling words and new names and faces. No matter what your age, these exercises can shape up your brain's circuits so they will be there for you whenever you need them to perform. In addition, 92 laboratory insider's secrets give you a lifelong edge in real-world situations. The Brainwaves Center has culled these practical tips from five years of research in the neurosciences published worldwide — brain facts the public normally doesn't know about yet.

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