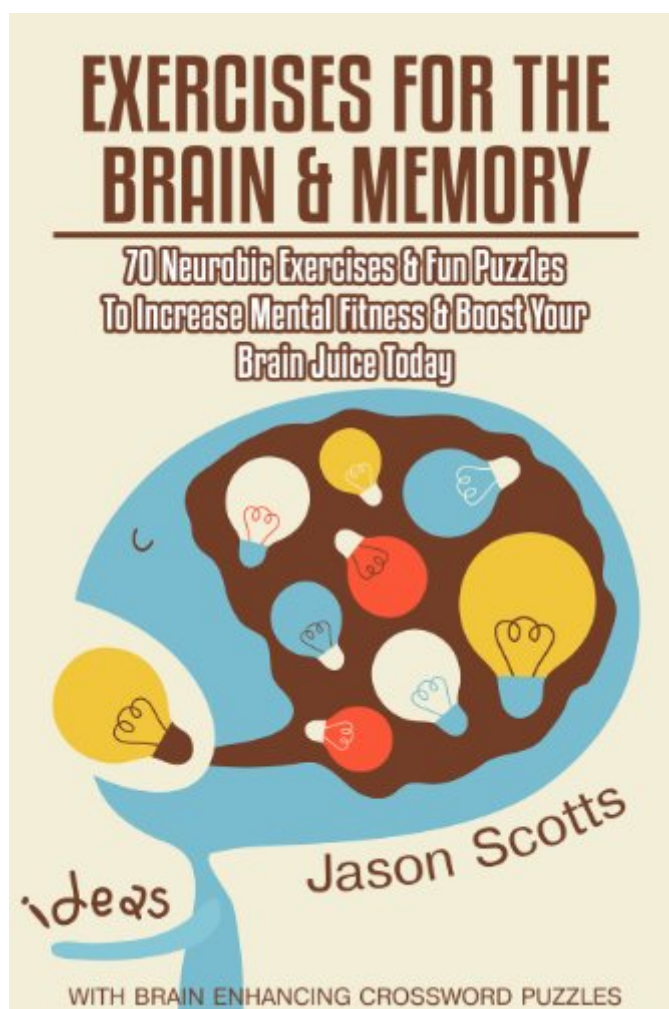


The book was found

Exercises For The Brain And Memory : 70 Neurobic Exercises & FUN Puzzles To Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles)





Synopsis

Learn the best ways to improve mental health by grabbing a copy of this book. A lot of people today seek ways to retain and improve their memory and there is no better way to improve aside from these exercises. Just as the body needs physical exercises in order to function optimally, the brain needs to be exercised as well to prevent it from becoming sluggish. Get to know these fun and challenging exercises, do them and experience improved brain and memory function.

Book Information

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Customer Reviews

I received the kindle version. First, there are no puzzles!!!! At the end of the book, we see 25 empty crossword puzzles--WITH NO CLUES anywhere. We get the filled in puzzles. There is clearly a glitch of some kind. Second, the information in the book is old news: The brain has plasticity! We can continue to learn even after 40! Well, we've known this for some time now. Also, I should note that this is not written by an expert in the field, and that might be fine, but the "insights" here are silly. For example, he tells us we should drink water. Okay. He says we should turn out all the lights in a room and try to figure out where everything is. Really? Can you picture this as a realistic daily exercise?

We should do math puzzles. Yes! I agree. However . . . there are NO MATH PUZZLES here. The title led me to believe that the book would indeed have word and math puzzles--and it has neither. I'm disappointed. Writing is terrible, ideas are silly or mediocre, and there are no accessible puzzles here. I'm assuming the print version at least has the crossword clues? I've read more interesting, relevant and well-researched information in single news articles in good newspapers and magazines. If you want to know about how to improve brain capability and function, just go to a good site online. One good article will give you twice as much useful information than this entire book. And it's free. Even so, I wouldn't spend a penny on this book. There are so many great books out now about brain development, recent research about how learning takes place, and insight about how we can apply recent research to our own lives. In this case, pay attention to reviews. I'm sure this will collect many more reviews like mine. And I got this one for free!! Disclosure: I received a free kindle edition of this book for free in exchange for an honest review

Wow! To be honest, while I'm doing the exercises I haven't noticed a difference. I've been using it about a week and each time the exercises feel as if they're coming to me just as easy/hard as they originally did. But I've noticed that the time it takes me to complete the exercises is getting quicker, and it's easier for me to remember things in my regular day-to-day life. Thanks for an awesomely helpful book!*I received this product at discount or free of charge in exchange for my 100% honest review. The thoughts and opinions stated in this review are mine and mine alone, your opinions and thoughts may (and probably will) vary. Thank you!*

I had picked up this book thinking it was a bunch of brain teasers- meaning puzzles and riddles- and came to find that it's more of a technical read. This book explains the concept of "brain fitness", the importance of brain health to general well-being, and includes suggestions to "work out" your brain. One great reason to "work out" your brain is the premise that neurobic exercise contributes to minimizing/ preventing diseases such as dementia and Alzheimer's. Sounds great to me! So how is that possible, and does it involve hooking up electrodes to our heads? Turns out it doesn't, and it's pretty easy from what I understand. Simply put - we are to challenge ourselves and try new things. Try a new food, a new fragrance, a new route or new way of doing something! You get the gist- mix it up and get our brains off autopilot! In reading this book I realized that I challenge myself to neurobic exercise all the time and I didn't even realize it! Here are some of the things I do on a regular basis, which happen to be in line with the suggestions made in this book: 1. Every few months I rotate which hand I use to hold my computer mouse. After many years, I am able to use both hands with

equal efficiency.2. I practice writing with my non-dominant hand. I will often sign my name with my non-dominant hand, and it's legible!3. I put different essential oils in my diffuser every week. I may mix oils or keep to one scent at a time. I do this to see what kind of reaction, if any, I will have.4. I change the temperature of the water in my shower from warm to tepid about a minute before I get out.5. I take a new route to work (between different side streets) several times a week. I usually do this to avoid traffic, but hey - it applies!6. I eat "lunch" and "dinner" foods for breakfast. Note, non-traditional "breakfast" foods (such as vegetables and fermented foods) can really jump start your brain mojo in the morning!7. I programmed the weather of the cities I have visited - and that I want to visit - into my phone. I check them all in the morning.8. I read about global current events (highlights) on my commute to work in the morning to keep myself on the up and up.9. I'm an avid crossword puzzle enthusiast! My grandma was one as well and she always said she loved them because they "kept her mind sharp". Turns out she was right! I play WWF at least once a day, usually in the morning.10. I'm always reading and learning something new. I'm currently studying Spanish and sign language. In sum, if you're looking for information about how the brain works, as well as tips for improving brain health, you may be interested in this book! It's not written in scary stereo instructions and the concepts are relatively easy to follow! I received this book for free in exchange for an honest review.

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