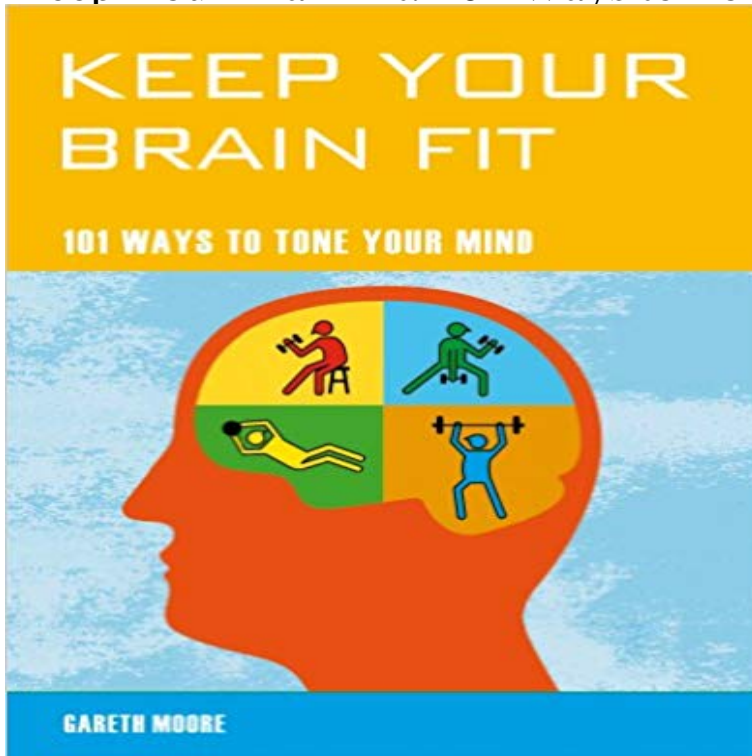


Keep Your Brain Fit: 101 Ways to Tone Your Mind



Your mind is what makes you tick, so keeping it in tip-top condition is as important as taking care of your body. By performing mental workouts you can build your brain power and keep your mind alert and agile well into old age. Keep Your Brain Fit offers a mental gymnasium to keep your brain in trim. Here are dozens of tips for building up your mental muscles, as well as a program of exercises from gentle limbering-up to more complex challenges. Learn to hone your logical reasoning, number and word skills, pattern recognition, short- and long-term memory, comprehension, creative thinking, problem-solving, and much else besides. The exercises are fun to do and carefully devised to ensure you make progress across the whole spectrum of abilities. Self-testing enables you to assess your performance you can learn as much from being wrong as from being right! Working systematically through the book, in no time you'll be boosting your brain to peak efficiency. Get up to speed with Keep Your Brain Fit. Stretch yourself to new limits. Give yourself the chance to excel.

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Keep Your Brain Fit: 101 Ways to Tone Your Mind by Gareth Moore **Keep your brain fit : 101 ways to tone your mind / Gareth Moore**

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