

Train Your Brain: 60 Days to a Better Brain

By Dr Ryuta Kawashima

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This book was a number one bestseller in Japan, selling more than 2 million copies! Designed for readers who want to keep their minds sharp and stave off the mental effects of aging, this book presents a complete 60 day program to build a better brain. The program consists of a daily worksheet of simple calculations that takes less than 5 minutes to complete. Each week, readers take a short evaluation test to measure their progress. The world has long recognized that physical exercise helps maintain a healthy, well-working body. Now it's time to acknowledge that our brains need a regular work out too!

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Editorial Review

From the Author

"I have developed a program of keeping your brain young that consists of a daily program of simple calculations. It may sound too simple to be true, but my research has shown that this activity increases regional cerebral blood flow to the largest portions of the brain and stimulates the creation of neural pathways.

We all age, and it is only natural that our brains age too. The good news is that mental decline is not inevitable. We can keep our bodies younger and healthier through regular exercise. The same is true for the brain – if you exercise your brain, you can prevent your cerebral function from deteriorating.

It's never too early to begin building a better brain! It only takes a few minutes a day."

About the Author

Dr. Kawashima is a prominent Japanese brain researcher. He uses brain imaging to research the activity of the brain when engaged in different types of activities. His books are major bestsellers in Japan and have led to the creation of a revolutionary treatment for Alzheimer's patients.

Users Review

From reader reviews:

Abel Graham:

Exactly why? Because this Train Your Brain: 60 Days to a Better Brain is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will surprise you with the secret this inside. Reading this book beside it was fantastic author who also write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of positive aspects than the other book get such as help improving your ability and your critical thinking method. So , still want to delay having that book? If I ended up you I will go to the reserve store hurriedly.

Ellis Dunn:

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Jose Higham:

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Sylvia Grable:

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