



# A Brain Trainer That Doesn't Suck & How To Improve Your Memory

*R Rowley*

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## **A Brain Trainer That Doesn't Suck & How To Improve Your Memory** R Rowley

A Brain Trainer That Doesn't Suck & How To Improve Your Memory is designed to teach you how to improve your overall brain power, efficiency and of course memory.

Follow these simple lessons, rules and techniques that will allow you to enjoy a healthier mind and perhaps greater intelligence.

Discover why exercise, laughter and socialising are crucial. Dispell those myths about multi-tasking, learn why too much TV is no good thing and even understand what brain foods you can start consuming that can have a positive impact on your thought process.

Brain exercises included! Take a look at our chapters:

- The 10% Myth and Brain Structure
- Healthy Body = Healthy Brain
- Exercise to be Smarter
- Brain Foods
- Special diet considerations, supplements and vitamins
- The Social Life: Don't give up that membership at the club and stay in school
- Brain Exercises
- Stress and the Brain
- The Myth of Multitasking
- Turn off the Television
- Laughter
- Exercises and Methods for Improving Brain Function and Memory
- The Spiritual Life
- What's Behind Brain Power? Neuroplasticity and Neurogenesis

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