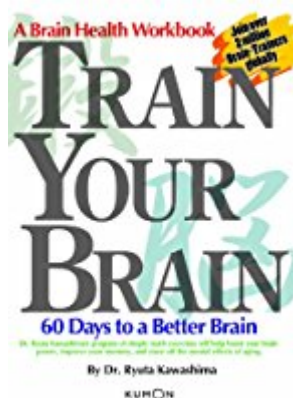


Ebook Train Your Brain: 60 Days to a Better Brain By Dr Ryuta Kawashima



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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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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.

Customer Reviews Most helpful customer reviews 2 of 2 people found the following review helpful. My favorite Brain improvement book. By daniel callaway I bought this book for a friend because I have been using my own book for over five years. This book can be read very quickly like under a half hour. The exercises I do on a daily basis take me about 2 minutes a day. I can honestly say that this book is well worth over a hundred dollars to me. I would even say priceless. I use this book daily and love to do the exercises. It delivers what it claims. Yes you will improve your focus and become more creative. My passion has been to improve my brain function so I do many different type of Brain exercises and try to stay on the cutting edge Brain enhancement. This book is number one with me. I could go on and on because I love this book. I take it everywhere I go if I'm away from home for over a day. Why am so excited about this book? Because the results are guaranteed. It is so simple to do the work. If anyone tries this for at least a month they most likely will continue for life. I hope I can someday personally thank Dr. Kawashima for his contribution to improving Brain function. Let me add that this book has no fluff and every page is amazing. 2 of 2 people found the following review helpful. There are free options for these exercises By KK This book has basically three exercises one is simple math calculations the second is stroop task and the third one is word recall task. If you own a mobile device or a computer you get these tasks for free on brainturk app Brainturk Lite Brain Training or website 1 of 1 people found the following review helpful. but I do enjoy challenging myself By Mrs. Tami M. Stover I'VE been doing this daily ... i'm up to about day 30 .. of course I can't tell if it's working or not .. but I do enjoy challenging myself ... and feel as though this book is doing the trick... I do not write IN THE BOOK.. I write on a separate tablet ... so I can use the book over and over again ... See all 41 customer reviews...

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