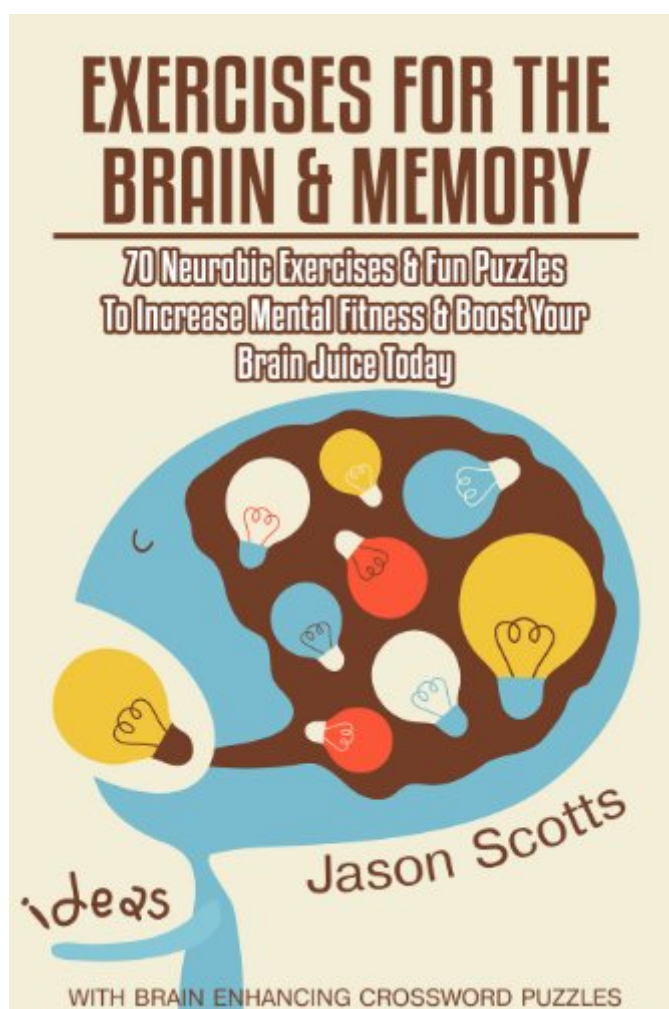


The book was found

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

File Size: 6355 KB

Print Length: 124 pages

Publisher: Overcoming (April 1, 2014)

Publication Date: April 1, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00JNNU6U4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #82,691 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 inÂ Kindle Store > Kindle eBooks > Law > Family & Health Law > Mental Health #3 inÂ Kindle Store > Kindle eBooks > Medical eBooks > Nursing > Mental Health #5 inÂ Books > Law > Health & Medical Law > Mental Health

Customer Reviews

I recently read another of the author's books, Exercise and the Brain. I liked that book as I thought it was an interesting introduction to brain exercise and gave valuable information on how to determine what exercises may be best for you. When I found this book, I thought it would have more specific exercises in it and be more of a workbook than it is. There's a lot of text that is similar or the same from that book into this one. This book does have some additional sections on various types of exercises but overall they were somewhat dissapointing. I like that he gave some specific examples of exercises and explained why he thought they might be helpful. I wish there was more of this given the recent explosion of brain training games and apps as well as many physics, word, puzzle and

code games/apps/books/sites available. Maybe guidance on which may be best for various age groups or experience levels could be included. The crosswords at the end of the book didn't display properly in my Kindle edition. The game board and the solved board appeared, but no clues for filling in the blank board. The numerical exercises section was not up to par in terms of the quality of explanation. Normally, concepts are explained in as non-technical terms as possible, which wasn't the case here. My dad taught various math courses from elementary to college age, so I'm familiar with having complex mathematical issues described simply. Also, this section didn't leave you with many ideas you could readily try, more research than should be required is left to the reader. For the speed reading, I would've like a site, book, or app mentioned so that you'd be sure you were developing comprehension as well as speed and for more guidance on timing this.

I had picked up this book thinking it was a bunch of brainer 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 jist- 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.

[Download to continue reading...](#)

Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) E JUICE RECIPES: 51
Awesome E Juice Recipes (e juice, e juice recipes, e juice cookbook, vaping, vaping juice, vaping started kit, vape recipes, vaping juice) Memory Exercises: Memory Exercises Unleashed: Top 12

Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss: How Non Routine Actions And Thoughts Improve Mental Health Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power The New York Times Monday Through Friday Easy to Tough Crossword Puzzles: 50 Puzzles from the Pages of The New York Times (New York Times Crossword Puzzles) BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) USA TODAY Crossword: 200 Puzzles from The Nation's No. 1 Newspaper (USA Today Puzzles) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Boost Your Memory with Easy Exercises - Improve Your Mental Focus in Everyday Life Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) The Everything Giant Book Of Brain-Boosting Puzzles: Improve your mental fitness with more than 750 challenging puzzles! (Everything Books) The New York Times Easiest Crossword Puzzles: 150 Very Easy Puzzles (New York Times Crossword Collections) Nootropics: Boost your brainpower, Increase your memory, IQ,happiness level, cure anxiety and more (Unlimited Power Book 1) The Senior Moments Memory Workout: Improve Your Memory & Brain Fitness Before You Forget! Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's The New York Times Light and Easy Crossword Puzzles: 130 Fun, Easy Puzzles

[Dmca](#)