

Keep Your Brain Alive 83 Neurobic Exercises To Help Prevent Memory Loss And Increase Mental Fitness

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Keep Your Brain Alive 83

This book has 83 neurobic exercises to help keep your brain active and help prevent memory loss. The nine chapters cover the following material: Neurobic: the new science of brain exercises, how the brain works, how Neurobics works, starting and ending the day brain exercises, brain exercises while commuting, at work, while at the market, at meal times and at leisure.

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The key to keeping your brain strong and healthy is to break routines and use all five senses in unexpected ways. Offbeat, fun, and easy, these 83 exercises will result in a mind fit to meet any challenge—whether remembering a name, learning a new app, or staying creative in your work. Customers Who Bought This Item Also Bought

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1. Involve one or more of your senses in a novel context. You can use additional senses to do an ordinary task by blunting the sense normally used. For instance: Get dressed for work or take a shower with your eyes closed. Eat a meal with your family in silence. Use only visual cues. or combine two or more senses in unexpected ways: Listen to a specific piece of music with eyes closed while smelling a particular aroma like vanilla, chocolate, or lavender and think about a vacation you liked ...

Neurobics — KEEP YOUR BRAIN ALIVE

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