



# Brain Training: 55 Techniques to Exercise Your Brain, Increase Your Brain Power, and Improve Your Memory

*Kristi Jefferson*

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## **Brain Training: 55 Techniques to Exercise Your Brain, Increase Your Brain Power, and Improve Your Memory** Kristi Jefferson

55 Techniques to Train your Brain Our brain is a wonderful thing! It does practically everything we need to do in our daily life, including moving our body, reigning the organs and feeling our emotions. It is probably one of the most - or the most - complicated 'control centers' existing on this earth. The only down thing: the brain declines slowly as we grow older. Thus making our lives more difficult than need be. We all know about the benefits of training. To get better at anything we need to train. That's why this book is for you... You Should Buy This Book If You... - Think that you are not smart enough to do a few things - Ever felt left out while doing some work together with your friends - Want to practice or do any activities to improve your brain - Think you are not good enough at solving any problems - Want to enhance your powerful skills Let see the Preview Strategies \*Do Simple Math \*Writing Down \*Teach \*Sudoku \*Tell Stories to Yourself \*Meditation \*Physical Exercise \*Yoga \*Give your Brain Some Rest \*Gaming \*Random Informative Articles \*Brain Reflection Tests \*Try your Hand on Creativity \*Picture Puzzles \*Tower of Hanoi \*Use your Non-Dominant Hand Often \*Crosswords \*Jigsaw Puzzle \*Rubik's Cube \*The 1,12,123 Method \*Maze \*Silver Sphere \*8-Queens Problem \*Creating Mental Associations \*Recite the Alphabets in Reverse Order Everyday \*Draw Diagrams \*Use Different Fonts While Reading Something on your Computer \*Create Flashcards \*It is all About the Right Music \*Keep a Tally Card to See How Often your Mind Wanders \*Stare at your Fingers AND MUCH MORE

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