



## Training Your Brain For Dummies

By Tracy Packiam Alloway

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Training Your Brain For Dummies, Tracy Packiam Alloway, Mastering the latest fitness craze-keeping your brain healthy at any age Judging from the worldwide popularity of the brain game, Nintendo DS, and such mind-bending puzzles as SuDoku and KenKen(R), keeping one's mind as limber as an Olympic athlete is an international obsession. With forecasters predicting over a million people with dementia by 2025, today's young and senior population have a vested interest in keeping their grey matter in the pink for as long as possible. Training Your Brain For Dummies is an indispensable guide to every aspect of brain fitness-and keeping your mind as sharp, agile, and creative for as long as you can. Whether you want to hone your memory, manage stress and anxiety, or simply eat brain healthy food, this guide will help you build brain health into your everyday life. \* Includes verbal, numerical and memory games, brain games to play on the move, tips on the best day-to-day habits, and long-term mental fitness techniques \* Offers ten key brain training basics, tips on brain training through one's lifetime, and improving long- and short-term memory \* Includes...



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