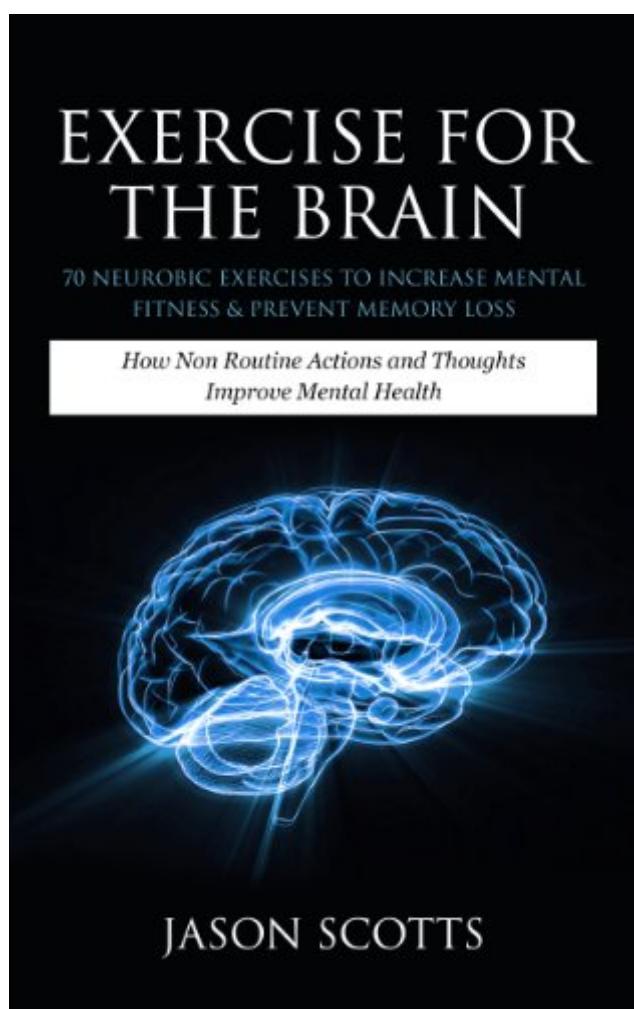


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# Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss: How Non Routine Actions And Thoughts Improve Mental Health



## **Synopsis**

If you are interested in learning the best ways possible to improve mental health then you need a copy of "Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss." This text is written in a fashion that is easy to understand and the author himself has used quite a number of the techniques outlined in the text to his own benefit. As more and more persons seek better ways to retain and improve their memory this text is well timed. It gives the reader the solutions that they need to get started on the path to having a fantastic memory. Of course in quite a number of instances the memory loss cannot be helped as it may be hereditary but it can be slowed down with the use of these exercises. Just as the body needs physical exercises in order to function correctly, the brain needs to be exercised as well to prevent it from becoming sluggish.

## **Book Information**

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## **Customer Reviews**

This book reads like an introduction to the concept known as Neurobic exercises. In all honesty, I was tempted to skip a few chapters ahead and read just the exercises themselves, but I am glad that I didn't. The first 5 chapters are informative as to why and when you should do the

exercises, how to choose the best ones for you and general information about the brain and the exercises. Although it did get repetitive at times, there was some good information tucked into those chapters. One thing that I found to be especially helpful was learning why certain neurological disorders exist. I admit, this book wasn't what I expected. I was thinking that the book had activities in it like Sudoku or logic puzzles. However, it is a good read (and a pretty fast read, the book isn't very long). The activities outlined are not difficult and even kinda fun. I actually have done a lot of these with my daughter from the time she was born, and I'll tell you this, she is very smart. Most every exercise can be completed with the things you have on hand, spices from your rack for example. As for the effectiveness, I would need to update this review in about 30 years to tell you for sure, but I will say that doing these does make your brain work differently. I can actually feel my brain trying to figure out what is going on and how to perform the exercises (weird, right?). There were a few typos, grammatical errors and incorrect words used that irked me a bit. Not that I don't make the same mistakes, lol. All in all it was an ok read. I would especially recommend it to parents of little ones, these exercises are great for them! Full disclosure: I have received this product at a reduced price in exchange for an HONEST review.

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