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to keep your brain alive: 83 neurobic exercises brings help to everyone whose memory is starting to slip. Devised by Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical Center, and Manning Rubin, author of 60 Ways to Relieve Stress in 60 Seconds , here is a regimen of mental cross-training that can be done anywhere, by anyone, at any time of day.

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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

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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.

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Drawing on cutting-edge neurological research, how to keep your brain alive: 83 neurobic exercises brings help to everyone whose memory is starting to slip.

Devised by Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical Center, and Manning Rubin, author of 60 Ways to Relieve Stress in 60 Seconds, here is a regimen of mental cross-training that can be done anywhere, by anyone, at any time of day.

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Keep Your Brain Alive: 83 Neurobic Exercises To Help Prevent Memory Loss and Increase Mental Fitness, by Lawrence Katz and Manning Rubin New York, NY: Workman Publishing Company, Inc., 2014, 190 pages, and softcover, \$8.49 (Kindle \$7.52)

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Based on recent discoveries in brain science, Neurobics is a new form of brain exercise designed to help keep the brain agile and healthy. By breaking her usual homecoming routine, Jane had placed her brains attentional circuits in high gear.

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HOW TO AVOID A TRAFFIC JAM IN YOUR BRAIN. When three of the George Washington Bridge's lanes in New York, New Jersey were closed down in 2013, traffic was almost at a complete standstill. That's exactly what happens to your brain's memory lanes when you don't keep your brain's nerve cell lanes open and healthy.

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Drawing on cutting-edge neurological research, how to keep your brain alive: 83 neurobic exercises brings help to everyone whose memory is starting to slip.

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No more senior moments! Drawing on cutting-edge neurological research, how to keep your brain alive: 83 neurobic exercises brings help to everyone whose

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Rubin

Break a routine activity in an unexpected, novel way (novelty just for it's own sake is not highly neurobic). Take a completely new route to work. Shop at a farmer's market instead of a supermarket. Completely rearrange your workplace or home desktop or table or kitchen surfaces for a day. How Neurobics Work.

~~Neurobics — KEEP YOUR BRAIN ALIVE~~

keep your brain alive: 83 neurobic exercises to help prevent memory loss and increase mental fitness by lawrence katz **mint condition**.

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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.

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Suggests deceptively simple, unusual tasks designed to stimulate brain cell growth, activities that can be performed at work, at home, or while sharing a meal with friends.

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A neurobiologist provides simple ways to exercise your brain, enhance your memory, and boost your cognitive health. Over forty? Getting forgetful? Having trouble learning new things, or remembering that actress's name without reaching for your smartphone? Chances are, your brain needs a workout, and neurobics—simple, unique brain exercises that can be done anywhere, anytime—are here to help. In this little book, you'll find 83 brain teasers and challenges that will keep your mind occupied, whether during work breaks or on your commute, at mealtimes or at the market. It's a fun, effective way to keep your neuron pathways fit and functioning, now and as you age. "Maintaining brain

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health involves physical and mental exercise, stress management, and a healthy diet. Doing the Neurobics in Keep Your Brain Alive is essential to fortifying these strategies and maintaining a healthy brain.” —Gary Small, MD, coauthor of The Alzheimer's Prevention Program

No more punch lines that just slipped away. No more names on the tip of your tongue. No more senior moments! Drawing on cutting-edge neurological research, how to keep your brain alive: 83 neurobic exercises brings help to everyone whose memory is starting to slip. Devised by Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical

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Center, and Manning Rubin, author of 60 Ways to Relieve Stress in 60 Seconds, here is a regimen of mental cross-training that can be done anywhere, by anyone, at any time of day. The premise is simple: When you exercise the brain, you release natural growth factors called neurotrophins, which in turn enhance the brain's level of fitness. And nothing so easily stimulates the brain as breaking routines and using the five senses in new and unexpected ways. So if you're right-handed, wake up tomorrow and brush your teeth with your left hand. Or close your eyes before you get into the car and then get the key into the ignition. Every time you open a new circuit in your brain, it's like doing a round of mental sit-ups, without

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Protect and Preserve Your Most Valuable Asset No matter your age, the way your brain works is of utmost importance to the quality of your life. It is the essence of who God made you to be and affects how you interpret the world around you. Discover new ways to enhance your brain's function by focusing on these four areas: Physical activity—getting regular exercise to help promote mental fitness Nutrition—understanding the importance of a healthy diet on cognitive performance Intellectually stimulating activities—keeping your mind flexed and nimble Spiritual and social connections—staying

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engaged with God and others. As you apply the wisdom found in this helpful guide, you will ensure improved mental acuity now and in the future, placing you on the path to a happier, more fulfilling life. Start sharpening your skills today and experience the amazing benefits of better brain health.

THE KEY TO A BETTER BODY—in shape, energized, and youthful—is a healthy brain. With fifteen practical, easy-to-implement solutions involving nutritious foods, natural supplements and vitamins, positive-thinking habits, and, when necessary, highly targeted medications, Dr. Amen shows you how to: *

Reach and maintain your ideal weight * Soothe and

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smooth your skin at any age * Reduce the stress that can impair your immune system * Sharpen your memory * Increase willpower and eliminate the cravings that keep you from achieving your exercise and diet goals * Enhance sexual desire and performance * Lower your blood pressure without medication * Avoid depression and elevate the enjoyment you take in life's pleasures. Based on the latest medical research, as well as on Dr. Amen's two decades of clinical practice at the renowned Amen Clinics, where Dr. Amen and his associates pioneered the use of the most advanced brain imaging technology, *Change Your Brain, Change Your Body* shows you how to take the very best care of your brain. Whether you're just

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coming to realize that it's time to get your body into shape, or are already fit and want to take it to the next level, Change Your Brain, Change Your Body is all you need to start putting the power of the brain-body connection to work for you today.

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

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exercises, do them and experience improved brain and memory function.

Outlines a step-by-step program for women to improve health and well-being by addressing the unique needs of the female brain, answering common questions in areas ranging from fertility and menopause to weight and stress.

Recounts the case of a man whose memory was destroyed by an operation for epilepsy, and describes what it reveals about the construction of memories, forgetfulness, mnemonic devices, and the validity of recovered memories

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Start Exercising Your Brain Now: 201 Word and Number Exercises to Challenge Your Memory, Reasoning, Visual-Spatial Skills, Vocabulary, and More! Keep your brain active, even with MCI. For adults with Mild Cognitive Impairment, brain exercises are the best way to stay sharp and delay the onset of dementia. That's why cognitive specialist Dr. Tonia Vojtkofsky tailored this fun workbook specifically for people with MCI. It's the first of its kind! Find a word that meets the definition and contains the letters "CAN" Truthful; straightforward; frank A brown nut with an edible kernel A cylinder black of wax with a wick Pick the one statement that is correct: UWYVX V

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is right of X. W is right of V. V is between U and Y. Y is right of W. Find and complete the pattern: 5, 8, 12, 17, 23, _____, _____, _____, _____.

14, 56, 224, 896, _____, _____, _____, _____.

5, 15, 30, 90, 180 _____, _____, _____, _____.

Plus: Complete the word, image recall, determine the order, matching, true or false, logic problems, decode using clues, trivia, discover the pattern, word mazes, and math games. "The idea for the book originated from my need to provide appropriate brain exercises for my clients who have MCI. All of the brain-exercise books on the market today are for people with no cognitive impairment and therefore were too hard for my clients. I knew that I had to provide something for this underserved

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population." —Dr. Tonia Wojtkofsky

What if a personal trainer could give you a mental work-out to sharpen your thinking, focus your mind and boost your creativity? With Neurobics that is now possible! Neuro-aerobics is a unique program of brain exercise to help prevent mental ageing. This program, customised to your particular strengths and weaknesses, will take you by the

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