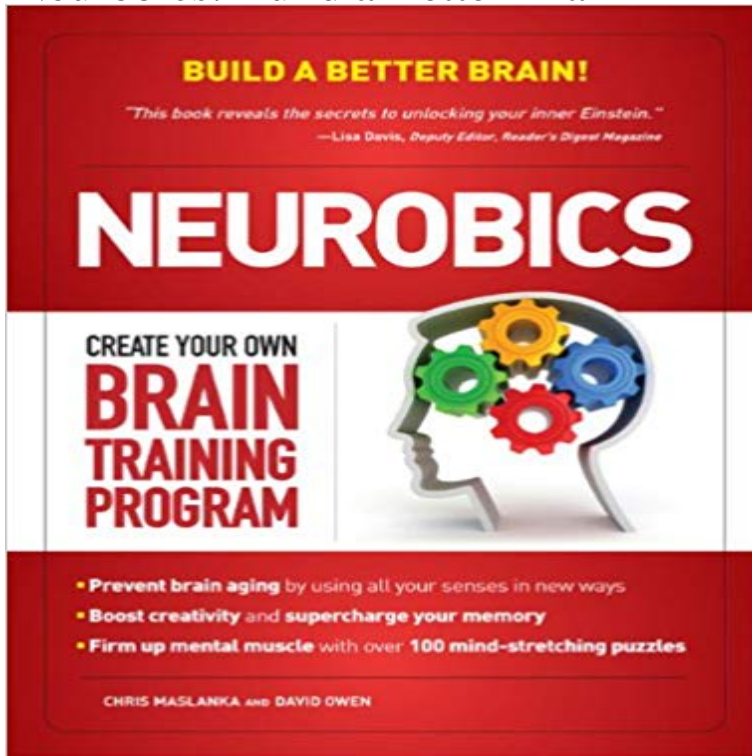


Neurobics: Build a Better Brain



Based on the scientific premise that unusual stimuli strengthens the mind, Neurobics presents you with a personally structured brain training program geared toward your individual strengths and weaknesses. By teaching alternate thinking strategies through diet and exercise plans and over 100 puzzles, this workbook builds mental abilities and boosts creativity. Learn to solve numerical, visual, verbal, logic, memory, lateral-thinking, spatial, and deduction problems. Understand the intricacies of the brain and how different physical exercises and foods can activate different parts of the organ. Discover how to work out your brain anytime, anywhere, with a special section on activities that can be done on the go and mind-stretching exercises that can be easily incorporated into everyday life. Prevent memory loss and keep your mind stimulated and active. With Neurobics you can create a program that will give your brain a full workout.

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