



Increase Your Brainpower

By Philip J. Carter, Ken Russell

Paperback. Book Condition: New. Not Signed; 100, 99.5, 98.5, 97, 95, ? What number comes next? Athletes, gymnasts and dancers strive to push their bodies to achieve maximum potential, exercising to improve suppleness, stamina and technique to be the best in their chosen field. Every one of us has to use our brain on a daily basis, but how many of us exercise or train our brain to improve its potential? Many of us take our brain for granted, believing there is little we can do to improve the brain we have been born with. This book sets out to demonstrate that this is not the case and that it is possible to considerably increase your brainpower and go some way to utilising your brain to its full potential. After giving a brief summary of the composition of the brain, the remainder of the book concentrates on the main areas of brain function -- creative thinking, memory, logical thought, agility of mind and intelligence -- and provides a series of fun, yet stimulating tests and exercises designed to improve your mental well-being. Today's world increasingly calls for quick responses and the ability to think logically -- these tests...



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