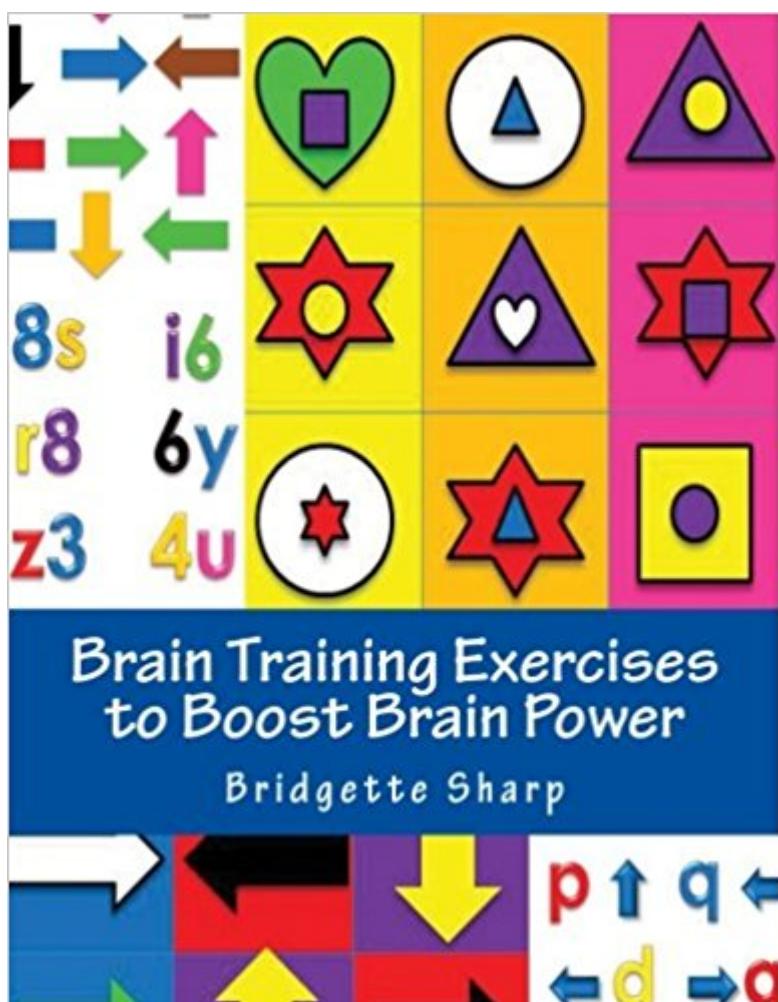


The book was found

# Brain Training Exercises To Boost Brain Power: For Improved Memory, Focus And Cognitive Function



## **Synopsis**

Brain Training Exercises to Boost Brain Power is a powerful tool to improve memory, attention, focus, brain balancing and cognitive performance. These mental exercises are wonderful for students young and old. Poor readers can greatly benefit from brain training. Professionals and those wishing to improve their memory and brain processing speed benefit greatly. Mental exercises are recommended for the aging to keep their brain young and to discourage dementia or other cognitive problems from developing. Brain training is a natural way to make difficult mental tasks easier. Cognitive difficulties can often be a result of slow or lacking left and right brain communication. Using brain training exercises engages both hemispheres to communicate and work simultaneously. It also benefits the student by improving memory, sequencing and processing speed. Activities to promote & increase: • Brain Balancing (hemispheric integration) • Brain Processing Speed • Memory • Attention & Focus • Working Memory (short term memory) • Visual Spatial Skills • Cognitive Function Beneficial for: • ADD/ ADHD • Alzheimer's • Auditory Processing • Autism Spectrum Disorder • Dyslexia remediation • Dementia • Visual Processing & Visual Memory • Anyone wanting improved brain processing and memory skills

## **Book Information**

Paperback: 42 pages

Publisher: CreateSpace Independent Publishing Platform; Full Color edition (December 21, 2016)

Language: English

ISBN-10: 1541127986

ISBN-13: 978-1541127982

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 5.8 ounces (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #240,925 in Books (See Top 100 in Books) #71 in Books > Health, Fitness & Dieting > Aging > Longevity #660 in Books > Education & Teaching > Schools & Teaching > Homeschooling

## **Customer Reviews**

This is essentially a work book that can't be printed in order to use it. Totally useless useless on can print the pages.

This little workbook has 37 actual pages of exercises. Not worth the money. The exercises themselves are fine but you can find the same things online for free. Just too much charged for what you get.

Great brain exercises. I am using to help my son with processing speed issues. I laminated my pages, so he can reuse them with a dry erase marker so I don't have to make copies.

I use these Brain Training exercises daily with my clients. Each hemispheric integration exercise is meant to be done multiple times to improve speed and accuracy as well as visual working memory and brain processing speed. The results show up in everyday activities with improved memory and faster processing. Many people pay thousands of dollars to go to a brain training center when you can do the same exercises at home.

[Download to continue reading...](#)

Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Brain Training Exercises to Boost Brain Power: for Improved Memory, Focus and Cognitive Function Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Memory: Boost Your Memory with Easy Exercises - Improve Your Mental Focus in Everyday Life (FREE BONUS INCLUDED) (Improve memory, improving memory, remembering more, productivity improvement) Memory Training: Train your brain to improve your memory (Unlimited Memory, Mental Health, Memory Techniques, Education & Reference, Study Skills, Memory Improvement Book 1) Better Memory Now: Memory Training Tips to Creatively Learn Anything Quickly, Improve Memory, & Ability to Focus for Students, Professionals, and Everyone Else who wants Memory Improvement Exercises for the Brain and Memory : 70 Top Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today: (Special 2 In 1 Exclusive Edition) Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate

Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Memory Repair Protocol - Improve Your Memory: Powerful Strategies To Enhance Your Memory - The Ultimate Guide to Unleash Your Brain's Potential (memory loss Book 1) Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's Boost Your Brain Power in 60 Seconds: The 4-Week Plan for a Sharper Mind, Better Memory, and Healthier Brain Brain Boost Bundle: Memory, Focus, IQ, Hypnosis, Meditation and Subliminal - The Sleep Learning System Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)