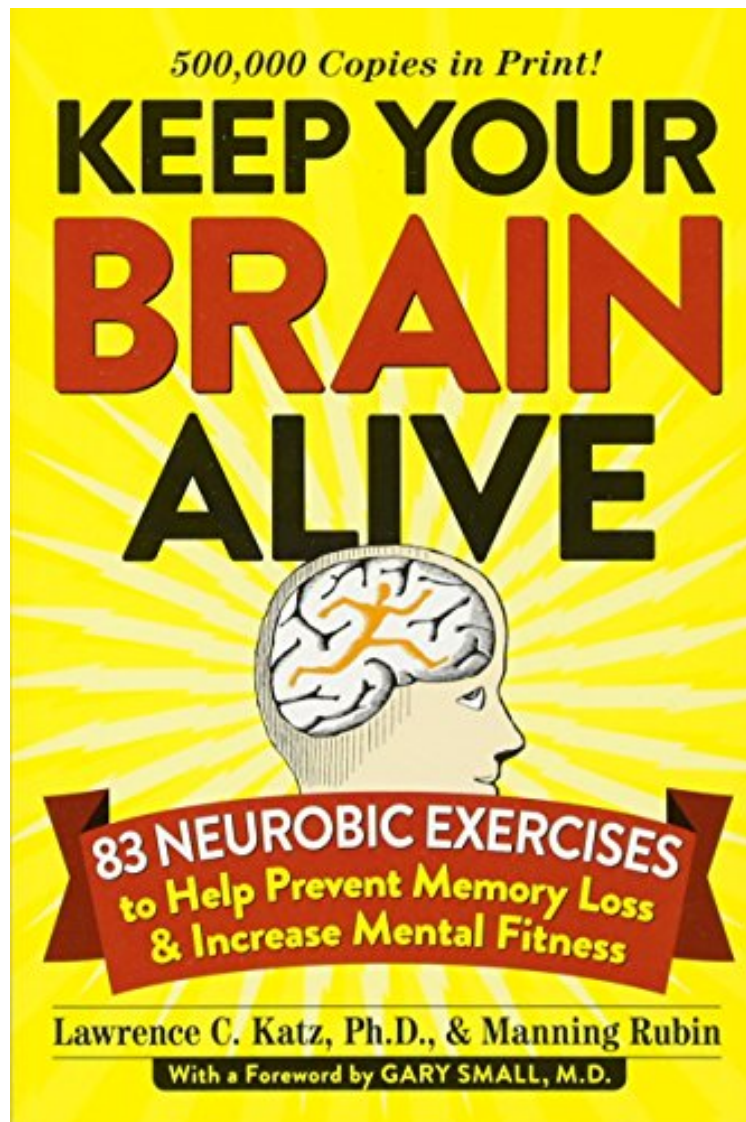


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Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness

Lawrence Katz, Manning Rubin
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#58523 in Books Lawrence Katz Manning Rubin 2014-03-25 Original language: English PDF # 1 6.00 x .56 x 4.001, .30 #File Name: 0761168931204 pages 83 Neurobic Exercises to Help Prevent Memory Loss Paperback / softback, 204 pages. Handy 4 x 6 inch Pocket-Size Book Printed in USA | File size: 51.Mb

Lawrence Katz, Manning Rubin : Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness before purchasing it in order to gauge whether or not it would be worth my time, and all praised Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness:

10 of 10 people found the following review helpful. It came highly recommended and easy to use.
By Jean M. Edmundson
I heard about this book from a memory care nurse. It came highly recommended and easy to use. I can't say how much it has helped but I know it's important to "use it or lose it". That was my purpose in getting the book.
2 of 2 people found the following review helpful. Some good exercises.
By Max Power
Most of the exercises are redundant. For the price though it doesn't hurt. I think I actually started doing only four exercises found in this book to help with my memory loss. While I can't say whether it's working or not it is fun doing these little exercises everyday.
2 of 2 people found the following review helpful. Stretching Your Brain.
By George Henry
An easy read with loads of hints, tips and ways to stretch your brain. I found it stimulating.

Over 40? Getting forgetful? Having trouble learning new things, or remembering that actress's name without reaching for your smartphone? Neurobics are simple, unique brain exercises that can be done anywhere, anytime. Now, the Neurobics bestseller *How to Keep Your Brain Alive* is repackaged in a trim, tote-able format that makes it an ideal gift. Based on leading neurobiological research, *Keep Your Brain Alive* introduces a regimen of mental cross-training—a series of deceptively simple exercises that help stimulate the production of natural growth factors called neurotrophins, which in turn grow brain cells and keep the brain younger and stronger. 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 in the car and insert 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.

From the Back Cover
OVER 40? GETTING FORGETFUL? TROUBLE LEARNING NEW TRICKS? Introducing Neurobics, a unique brain exercise program based on the latest neuroscience research. These deceptively simple exercises help stimulate the production of nutrients that grow brain cells to keep the brain younger and stronger. Neurobics uses the five senses in unexpected ways and shakes up everyday routines. The exercises are offbeat, fun, and can be done anywhere, anytime. The result: a mind fit to meet any challenge—whether it's remembering a name, mastering a new computer program, or staying creative in your work.
Lawrence C. Katz, Ph.D., is the James B. Duke Professor of Neurobiology at Duke University Medical Center. His research focuses on brain development.
Manning Rubin is a Senior Creative Supervisor at K2 Design in New York City, and the author of *60 Ways to Relieve Stress in 60 Seconds*.
About the Author
Dr. Lawrence Katz was a professor of neurobiology and researcher at Duke University Medical Center. He lived in Durham, North Carolina.