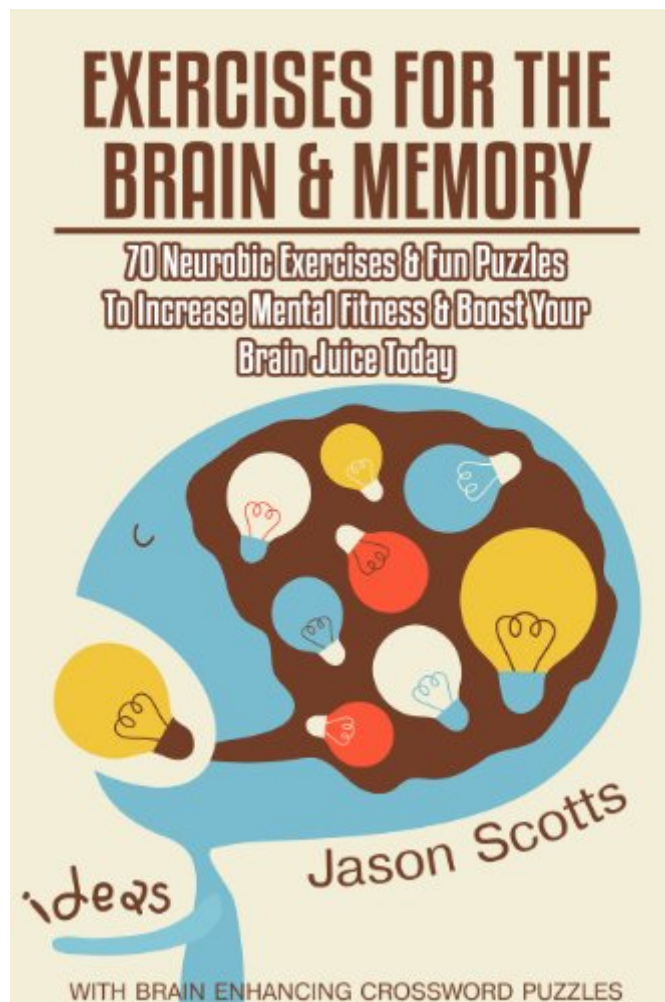


The book was found

# Exercises For The Brain And Memory : 70 Neurobic Exercises & FUN Puzzles To Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles)





## Synopsis

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

## Book Information

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## Customer Reviews

I recently read another of the author's books, Exercise and the Brain. I liked that book as I thought it was an interesting introduction to brain exercise and gave valuable information on how to determine what exercises may be best for you. When I found this book, I thought it would have more specific exercises in it and be more of a workbook than it is. There's a lot of text that is similar or the same from that book into this one. This book does have some additional sections on various types of exercises but overall they were somewhat disappointing. I like that he gave some specific examples of exercises and explained why he thought they might be helpful. I wish there was more of this given the recent explosion of brain training games and apps as well as many physics, word, puzzle and

code games/apps/books/sites available. Maybe guidance on which may be best for various age groups or experience levels could be included. The crosswords at the end of the book didn't display properly in my Kindle edition. The game board and the solved board appeared, but no clues for filling in the blank board. The numerical exercises section was not up to par in terms of the quality of explanation. Normally, concepts are explained in as non-technical terms as possible, which wasn't the case here. My dad taught various math courses from elementary to college age, so I'm familiar with having complex mathematical issues described simply. Also, this section didn't leave you with many ideas you could readily try, more research than should be required is left to the reader. For the speed reading, I would've like a site, book, or app mentioned so that you'd be sure you were developing comprehension as well as speed and for more guidance on timing this.

I had picked up this book thinking it was a bunch of brainer teasers- meaning puzzles and riddles- and came to find that it's more of a technical read. This book explains the concept of "brain fitness", the importance of brain health to general well-being, and includes suggestions to "work out" your brain. One great reason to "work out" your brain is the premise that neurobic exercise contributes to minimizing/ preventing diseases such as dementia and Alzheimer's. Sounds great to me! So how is that possible, and does it involve hooking up electrodes to our heads? Turns out it doesn't, and it's pretty easy from what I understand. Simply put - we are to challenge ourselves and try new things. Try a new food, a new fragrance, a new route or new way of doing something! You get the jist- mix it up and get our brains off autopilot! In reading this book I realized that I challenge myself to neurobic exercise all the time and I didn't even realize it! Here are some of the things I do on a regular basis, which happen to be in line with the suggestions made in this book:

1. Every few months I rotate which hand I use to hold my computer mouse. After many years, I am able to use both hands with equal efficiency.
2. I practice writing with my non-dominant hand. I will often sign my name with my non-dominant hand, and it's legible!
3. I put different essential oils in my diffuser every week. I may mix oils or keep to one scent at a time. I do this to see what kind of reaction, if any, I will have.
4. I change the temperature of the water in my shower from warm to tepid about a minute before I get out.
5. I take a new route to work (between different side streets) several times a week.

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