



## Brain Training: How to Unlock Your Hidden Potential - Improve Memory, Concentration Mental Fitness (Paperback)

By Ron Nathan

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get the Most out of Your Mind and Make More of Your Life! Can you really take your mind to the gym ? Yes - with Brain Training: How to Unlock Your Hidden Potential - Improve Memory, Concentration Mental Fitness, you ll learn to give your brain the exercise and nutrition it needs to grow. It s time to take care of your brain just like any other part of your body! How can you nurture your mind? By getting proper exercise, sleep, and eating a brainy diet, you ll give your brain what it needs to think quickly and clearly. Brain Training: How to Unlock Your Hidden Potential - Improve Memory, Concentration Mental Fitness also teaches you to manage stress, which can dramatically impact your mental functions. What can you do to sharpen your mind and memory? The brain exercises in Brain Training: How to Unlock Your Hidden Potential - Improve Memory, Concentration Mental Fitness can do wonders for your cognitive abilities. You ll also learn to teach what you know to others and...



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