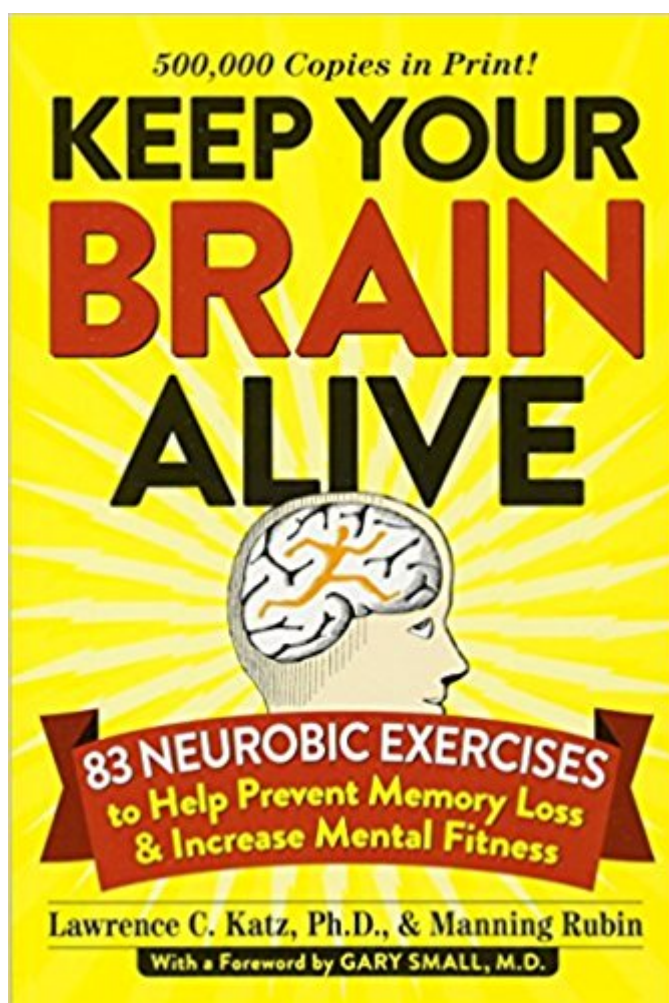


The book was found

Keep Your Brain Alive: 83 Neurobic Exercises To Help Prevent Memory Loss And Increase Mental Fitness



Synopsis

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.

Book Information

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Best Sellers Rank: #39,765 in Books (See Top 100 in Books) #33 in Books > Self-Help > Memory Improvement #38 in Books > Humor & Entertainment > Puzzles & Games > Logic & Brain Teasers #49 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

Customer Reviews

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.

Dr. Lawrence Katz was a professor of neurobiology and researcher at Duke University Medical Center. He lived in Durham, North Carolina. Manning Rubin, a former Creative Director at J. Walter Thompson and Senior Creative Supervisor at K2Digital, Inc. is now at work on several new books. He lives in Pawlet, VT. Gary Small, M.D., is director of the UCLA Longevity Center. Named one of the world's leading innovators in science and technology by Scientific American, he appears frequently on Today, Good Morning America, PBS, and CNN. He is also author of the bestselling The Memory Bible.

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.

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.

An easy read with loads of hints, tips and ways to stretch your brain. I found it stimulating.

our muscles cannot remain in tone and in use if their bossy muscle (the brain) is neglected and is no longer capable to pass on its directions telling the others what to do... short of a catastrophic event or disease, our brain - while we still have loads more to learn about it - is a clever bundle indeed... this book presents interesting options to keep it active much like LA Fitness does for the athletes in us... certainly we ought to explore useful support when such is available. And who knows, may be one day an audiobook version, too will be made available to the seeing challenged readers among us Keep Your Brain Alive is definitely qualifies for the "desert island" book collection in this household!

Seem's to be helping

Good book!

Great advice and exercises. Absolutely accurate. This is how new neural pathways are created.

It's OK

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