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# Brain Boosting

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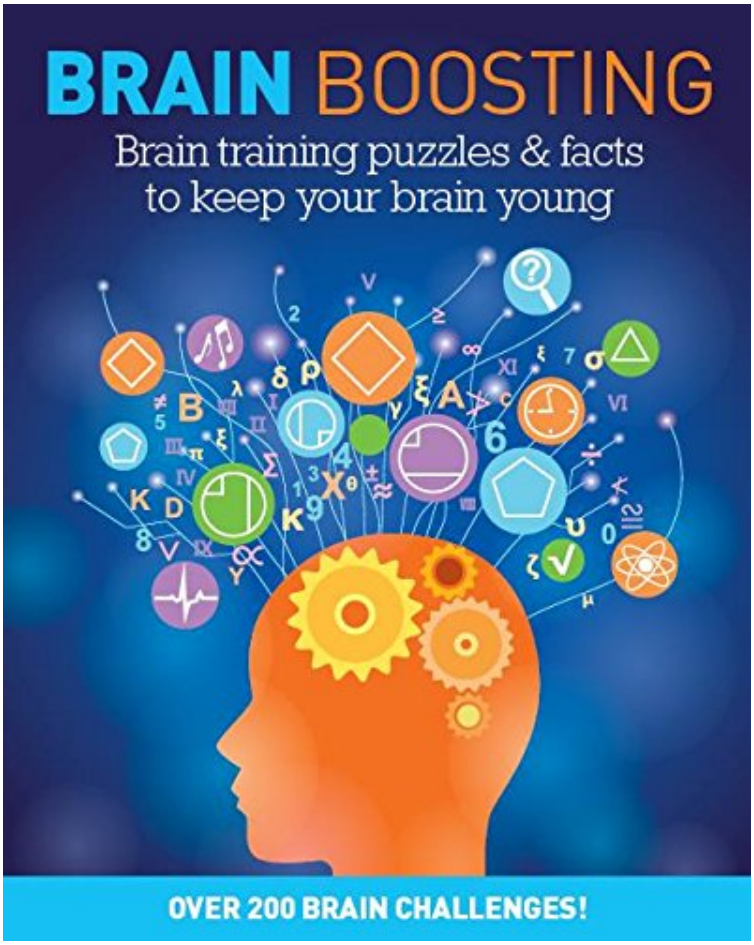


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Enhance your mental skills with this great guide to stimulating your brain power! This guide contains all the information you need about a range of brain functions, from memory to visual perception and problem solving. Each section is supported by a range of puzzles to test your skills in these specific areas and to help you improve areas that need work. Covering a variety of topics, including improving concentration, enhancing language skills, and how to refine your number skills, this guide will boost your brain power in areas you might not have used for years!