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Brain Power: 300 Plus Challenges to Train Your Brain and Improve Your Memory

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BRAIN POWER

*Train your brain
and improve your memory*

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#955962 in BooksColor: blue Parragon 2016-08-23Original language:English 8.00 x .90 x 6.201, 1.40 #File Name: 1474838111288 pagesTrain Your Brain Improve Your Memory!Work-out your mental muscle with the 300+ puzzles, riddles, optical illusions, and more in this brain-training book.You'll learn how to improve concentration and focus, remember names and faces, and even be more creative!Softcover.287 pgs. | File size: 65.Mb

Parragon Books Ltd : Brain Power: 300 Plus Challenges to Train Your Brain and Improve Your Memory before purchasing it in order to gage whether or not it would be worth my time, and all praised Brain Power: 300 Plus Challenges to Train Your Brain and Improve Your Memory:

0 of 0 people found the following review helpful. Five StarsBy CustomerAwesome book!1 of 1 people found the following review helpful. Five StarsBy Erick TorresI love it!!2 of 4 people found the following review helpful. Can't Remember...By Lori R.I will try to update this review later because I've only just begun to read the book. Just thought I would give an idea of my "before" status...My husband asked about this book shortly after it arrived and I was trying

to explain that it's a book about the brain and is supposed to help you improve your memory. Him: "What book is it?"
Me: "Um, I can't remember the name of it..." Totally true story. I hope it helps me!

This challenging book is packed with brain-boosting ideas and challenges, as well as fun and testing exercises, puzzles, and quizzes. Designed to sharpen your memory, focus your mental skills, and transform your concentration, this book will keep your mind young and active so you can become more productive today.