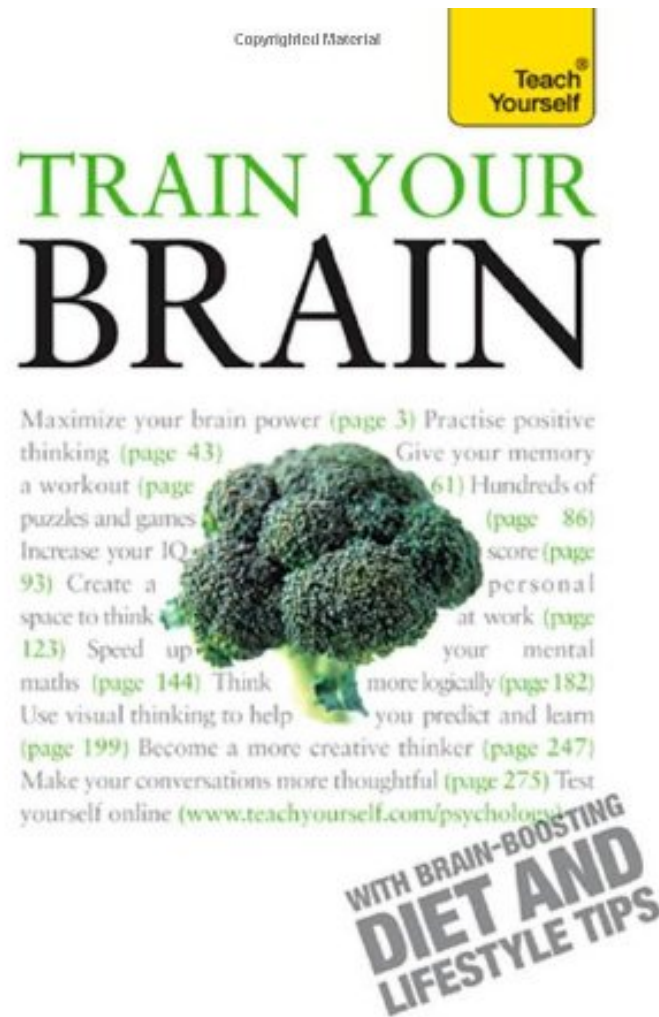


Train Your Brain: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports)

Simon Wooten, Terry Horne
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Simon Wooten, Terry Horne : Train Your Brain: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Train Your Brain: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports):

Build up your brain power! Train Your Brain will give you everything you need to get a faster, fitter and more productive brain. Not only does it offer plenty of fun puzzles and quizzes but the book also presents great advice for maximizing your mental agility through diet, exercise, and a generally healthy lifestyle. You will learn how to use the brain to tackle everything from office dilemmas to dinner-party debates. You can also visit teachyourself.com for tests, extension articles and a vibrant community of like-minded learners. And if you don't have much time, don't worry-- this book gives you one-, five-, and 10-minute bites of learning to get you started.

About the Author Simon Wootton is the Chief Executive of the Norton Group, an independent Mental Health Services provider, and the author of several books. Terry Horne is a senior lecturer at Lancashire Business School, an expert on strategic thinking, and the author of several business and self-help titles.