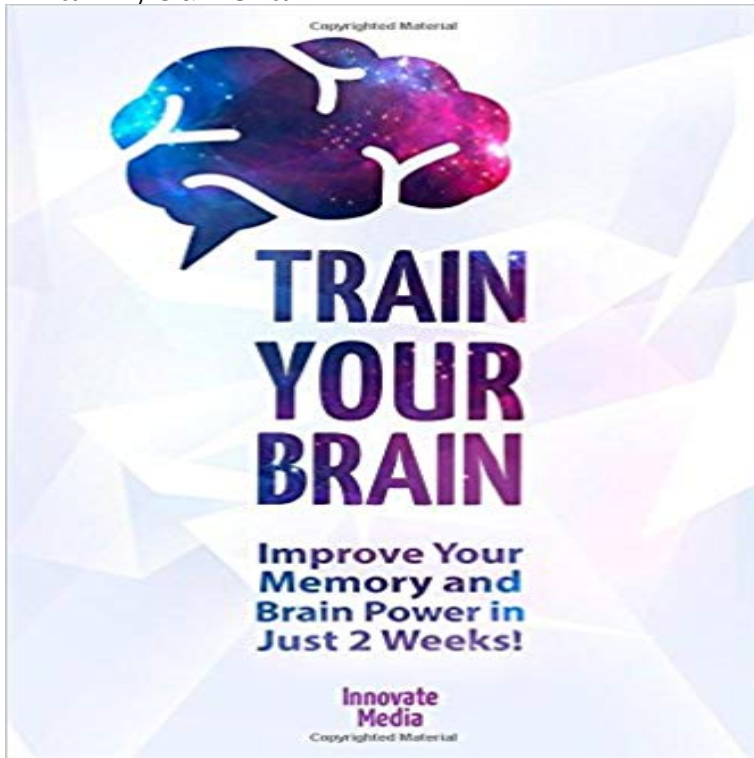


# Train your brain



There is no argument that brain is the most vital organ in our body. The brain has over 100 billion nerves that have to deliver messages through trillions of synapses. Each area of the brain is responsible for a different part of our functioning body. We don't really even think of what our brain is responsible for until it has trouble carrying out its duties. While it is common for us to take this mighty organ for granted, there are ways that we can exercise it and strengthen it just as you do for the muscles in your body that you wish to tone. No one will see your toned and strong brain, but they will certainly witness the results of your hard work with your improved memory skills and retention of facts. This book will help you to remember more, stress less, and have a little fun as you play some brain games to strengthen this dynamic organ.

Your brain has the ability to learn and grow as you age a process called brain plasticity but for it to do so, you have to train it on a regular. The human brain is an incredible organ, but one that needs to be kept in shape. These 9 tips to train your brain will help you become a little bit. Find out the best ways on how to improve memory with our guide. Including tips on short and long term memory and the important foods. Work your memory. Do something different repeatedly. Learn something new. Follow a brain training program. Work your body. Spend time with your loved ones. Avoid crossword puzzles. Eat right and make sure dark chocolate is included. - 1 min - Uploaded by Johns Hopkins University

Johns Hopkins University researchers tested the two leading brain training exercises and found. How would you describe your mental state at this precise moment? Alert. In the vanguard of this brain-training revolution are Nintendos. But just as you can work hard in the gym and change your diet to overcome bad physical genetics, you can also train your brain to far exceed its initial. - 9 min - Uploaded by TEDx Talks

Building A Better YOU! Motivational sensation and thought leader Tim Shurr provides power. Here are three ways to train your brain to think differently: Reframe your unhelpful thoughts. Thinking things like This will never work, or Im such an idiot. Prove yourself wrong. Your brain lies to you sometimes. Create a personal mantra. Take stock of your negative thought patterns. I have developed a program of keeping your brain young that consists of a daily program of simple calculations. It may sound too simple to be true, but my. If you want to reach your potential, its important to build your mental muscle. Here are five exercises that will train your brain for happiness and success: Differentiate between ruminating and problem-solving. Give yourself the same advice youd give to a trusted friend. Label your emotions. Balance your emotions with logic. Practice gratitude. Create a Healthy Mindset. Would you like to improve your working memory and concentration? Here are some handy tips and tricks to train your brain!