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Change Your Brain:

Neuroscientist Dr.

Andrew Huberman |

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in Minutes a Day!

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Memorize What You
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The 7 Best books
about the Brain. Our
top picks.

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Brain Age: Train Your
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Paperback –

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4.2 out of 5 stars 192

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have even been
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Kawashima (Author)

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of intricacies of Brain

and how it works. It

also suggests

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brain works! Amazing

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original book sold
over a million copies
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Kawashima found
that by performing
simple mathematical
calculations and
reading books aloud,
one could retain
mental clarity and
stave off the mental
effects of aging.

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Wikipedia
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On Nintendo's website, Japanese neuroscientist Ryuta Kawashima, who developed Brain Training, claims that "the more you use your brain in a challenging way, the better it can work". And with more...

~~Can you really train~~
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who want to keep
their minds sharp and
stave off the mental
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book presents a
complete 60 day
program to build a
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Train Your Brain

Ryuta Kawashima

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Kawashima 2009

Like the body, the
brain needs exercise.

And Dr Ryuta

Kawashima, world-
renowned professor
of neuroscience and
the expert behind the

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game Dr

Kawashima ' s Brain

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the tools to make

your brain work

better.Follow his

advanced programme

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