



Train the Brain: Use It or Lose It

By Gareth Moore

Tarcher. Paperback / softback. Book Condition: new. BRAND NEW, Train the Brain: Use It or Lose It, Gareth Moore, Keep your brain in shape with these entertaining brainteasers! Scientific research shows that your brain needs exercise just like the rest of your body. Solving simple, short challenges is an excellent way for everyone to help sharpen the mind, improve memory, and slow down the brain's aging process. In "Train the Brain," Dr. Gareth Moore has developed an enjoyable program of logic and reasoning exercises, simple math tests, and puzzles. Growing progressively more difficult as you work through the book, from beginner level to advanced, these entertaining exercises provide mental workouts to keep the brain at optimum health.



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