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Drawing on cutting-edge neurological research, how to keep your brain alive: 83 neurobic exercises brings help to everyone whose memory is starting to slip. Devised by Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical Center, and Manning Rubin, author of 60 Ways to Relieve Stress in 60 Seconds, here is a regimen of mental cross-training that can be done anywhere, by anyone, at any time of day.

~~Keep Your Brain Alive: 83 Neurobic Exercises to Help ...~~

This book has 83 neurobic exercises to help keep your brain active and help prevent memory loss. The nine chapters cover the following material: Neurobic: the new science of brain exercises, how the brain works, how Neurobics works, starting and ending the day brain exercises, brain exercises while commuting, at work, while at the market, at meal times and at leisure.

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The key to keeping your brain strong and healthy is to break routines and use all five senses in unexpected ways. Offbeat, fun, and easy, these 83 exercises will result in a mind fit to meet any challenge—whether remembering a name, learning a new app, or staying creative in your work.

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Keep Your Brain Alive: 83 Neurobic Exercises
to Help Prevent Memory Loss and Increase
Mental Fitness, by Lawrence Katz and Manning
Rubin New York, NY: Workman Publishing
Company, Inc., 2014, 190 pages, and

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Based on recent discoveries in brain science, Neurobics is a new form of brain exercise designed to help keep the brain agile and healthy. By breaking her usual homecoming routine, Jane had placed her brains attentional circuits in high gear.

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HOW TO AVOID A TRAFFIC JAM IN YOUR BRAIN.

When three of the George Washington Bridge's lanes in New York, New Jersey were closed down in 2013, traffic was almost at a complete standstill. That's exactly what happens to your brain's memory lanes when you don't keep your brain's nerve cell lanes open and healthy.

~~KEEP YOUR BRAIN ALIVE~~

Drawing on cutting-edge neurological research, how to keep your brain alive: 83 neurobic exercises brings help to everyone whose memory is starting to slip.

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Keep Your Brain Alive : 83 Neurobic Exercises
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Rubin (2014, Trade Paperback, New Edition)

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No more senior moments Drawing on cutting-edge neurological research, how to keep your brain alive: 83 neurobic exercises brings help to everyone whose memory is starting to slip. Devised by Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical Center, and Manning Rubin, author of "60 Ways to Relieve Stress in 60 Seconds," here is a regimen of...

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Break a routine activity in an unexpected, novel way (novelty just for it's own sake is not highly neurobic). Take a completely new route to work. Shop at a farmer's market instead of a supermarket. Completely rearrange your workplace or home desktop or table or kitchen surfaces for a day. How Neurobics Work.

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Memory Loss: A Practical Mental Fitness
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The key to keeping your brain strong and healthy is to break routines and use all five senses in unexpected ways. Offbeat, fun, and easy, these 83 exercises will result in a mind fit to meet any challenge—whether remembering a name, learning a new app, or staying creative in your work.

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Suggests deceptively simple, unusual tasks designed to stimulate brain cell growth, activities that can be performed at work, at

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A neurobiologist provides simple ways to exercise your brain, enhance your memory, and boost your cognitive health. Over forty? Getting forgetful? Having trouble learning new things, or remembering that actress's name without reaching for your smartphone? Chances are, your brain needs a workout, and neurobics—simple, unique brain exercises that can be done anywhere, anytime—are here to help. In this little book, you'll find 83 brain teasers and challenges that will keep your mind occupied, whether during work breaks or on your commute, at mealtimes or at the market. It's a fun, effective way to keep your neuron pathways fit and functioning, now and as you age. "Maintaining brain health involves physical and mental exercise, stress management, and a healthy diet. Doing the Neurobics in Keep Your Brain Alive is essential to fortifying these strategies and maintaining a healthy brain." —Gary Small, MD, coauthor of The Alzheimer's Prevention Program

No more punch lines that just slipped away. No more names on the tip of your tongue. No more senior moments! Drawing on cutting-edge neurological research, how to keep your brain alive: 83 neurobic exercises brings help to everyone whose memory is starting to slip. Devised by Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical

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Center, and Manning Rubin, author of *60 Ways to Relieve Stress in 60 Seconds*, here is a regimen of mental cross-training that can be done anywhere, by anyone, at any time of day. The premise is simple: When you exercise the brain, you release natural growth factors called neurotrophins, which in turn enhance the brain's level of fitness. And nothing so easily stimulates the brain as breaking routines and using the five senses in new and unexpected ways. So if you're right-handed, wake up tomorrow and brush your teeth with your left hand. Or close your eyes before you get into the car and then get the key into the ignition. Every time you open a new circuit in your brain, it's like doing a round of mental sit-ups, without the pain.

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Today, younger and older people alike are worried about their memories. Billions of dollars are spent each year on herbs, vitamins, and drugs that can supposedly help you build a better memory or protect the skills you have. With over 200 well-researched tips and 300 scholarly references, Memory Power 101 can do what no pill can—help students get better grades, aid professionals in essential confidence building, and give seniors a means of taking control of senility. Dr. Klemm explains the different kinds of memories and how they are stored and accessed in everyday situations. He offers advice on learning how to focus and pay attention so that key pieces of information are more easily used. He talks about the importance of cues and stimuli both when learning and in recall, discusses repressed memories, Freudian slips, the roles of both exercise and sleep in building a better memory, and more. With his advice, you're bound to improve your memory of names and faces, as well as read and heard information.

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Memory loss. And improve your mental fitness. Keep better track of numbers and places, and even remember where you left your house keys and where you parked your car! Memory Power 101 is a unique book that can help almost anyone be more successful and happier.

Recounts the case of a man whose memory was destroyed by an operation for epilepsy, and describes what it reveals about the construction of memories, forgetfulness, mnemonic devices, and the validity of recovered memories

Based on the science that shows that people middle-aged or older who solve word games and brainteasers have a significant cognitive advantage over those who do not, 399 Games, Puzzles & Trivia Challenges is the illustrated game book specifically created to cross-train the brain. Here are 399 games to stretch, challenge, and push the reader, all of which stimulate the formation of neurons—literally, regrowing the brain. Plus they're not only good for you, but just plain good—these games are fun. 399 Games, Puzzles & Trivia is a lively mix of challenges, riddles, and brainteasers—all vetted by a neuroscientist who specializes in aging brains and designed to work the six key areas of cognitive function that are vulnerable in normal aging: long-term memory, working memory, executive functioning, attention to detail, multitasking, and processing speed. The games are arranged from easiest to most

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difficult and are labeled according to which cognitive functions they exercise so they can be mixed and matched into a custom "workout." In just 15 minutes a day, anyone can improve his brain's strength, flexibility, and long-term health.

IF YOU'VE EVER LOST YOUR KEYS, MISSED AN APPOINTMENT OR BEEN DISTRACTED BY A FRIVOLOUS EMAIL, THEN THIS BOOK IS FOR YOU. The key to a less hectic, less stressful life is not in simply organizing your desk, but organizing your mind. Dr. Paul Hammerness, a Harvard Medical School psychiatrist, describes the latest neuroscience research on the brain's extraordinary built-in system of organization. Margaret Moore, an executive wellness coach and codirector of the Institute of Coaching, translates the science into solutions. This remarkable team shows you how to use the innate organizational power of your brain to make your life less stressful and more productive and rewarding. You'll learn how to: ¥ Regain control of your frenzy ¥ Embrace effective uni-tasking (because multitasking doesn't work) ¥ Fluidly shift from one task to another ¥ Use your creativity to connect the dots This groundbreaking guide is complete with stories of people who have learned to stop feeling powerless against multiplying distractions and start organizing their lives by organizing their minds.

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The truth about the aging brain is simple but extraordinary: people don't have to lose their mental acuity as they get older! This book bursts through the myths that surround the aging of the brain, encouraging older adults to take an "active" role in keeping their brains in top condition for life. Based on the five-step Brain Education method and the latest findings in neuroscience, it is a guide to getting the most out of the last third of life by using the brain to its maximum potential. "In Full Bloom" celebrates the older brain and its unique capabilities, while offering practical advice to maintain and accentuate its attributes. This book will help you: --- Improve attention and concentration --- Expand imagination and creativity --- Develop vitality and strength --- Manage stress effectively --- Gain inspiration for a positive mature identity

New York Times bestseller • Finalist for the Pulitzer Prize "This is a book to shake up the world." —Ann Patchett
Nicholas Carr's bestseller *The Shallows* has become a foundational book in one of the most important debates of our time: As we enjoy the internet's bounties, are we sacrificing our ability to read and think deeply? This 10th-anniversary edition includes a new afterword that brings the story up to date, with a deep examination of the cognitive and behavioral effects of smartphones and social media.

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