



# Brain Training: Boost memory, maximize mental agility, & awaken your inner genius

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For people of all ages who want to improve their memory, hone learning skills, and boost mental performance in their daily lives, *Brain Training* is a vibrant collection of visual puzzles and tips to help exercise the brain and keep the cognitive faculties razor-sharp. Covering the key areas of brain function, including memory, perception, problem-solving, verbal reasoning, and the body (such as diet, exercise, and meditation), *Brain Training* is a dynamic resource that will boost everyone's brain power.

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