



Wise Brain Mental Fitness: 31 Anti-Aging Lessons to Keep Your Brain Healthy, More Efficient, Pliable, and Adaptive (mental health, mental training, mental fatigue)

Errol Mccoy

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If you have the right mental attitude, nothing can stop you from achieving your fitness Goals. - Felicity Luckey

Learn how to train your brain and be more efficient!

Wise Brain Mental Fitness is all about bringing the brain to its optimal level of functioning. It covers the issues of the aging brain such as memory loss and lack of focus and offers 31 tips and tricks to bring it back to a normal level. We all want a wise brain, a young brain, and a smart brain. You can have it after all. The good part is that it is in your hands. Everything is do it yourself, with the possible exception of some occasional professional therapy. It means that is it cost-effective and efficient. You can do as much or as little as you like. Our tips are not in any order so that you can pick and choose at random and keep what works best. You can mix and match to your heart's content.

To hone and tone the brain, the book covers:

- The brain, memory, and cognition
- Exercise works wonders
- Mental fitness breakdown
- Fighting the aging brain
- The role of games and puzzles
- The role of math and language skills
- Using writing and art to train the brain
- Chunking and memory exercises
- What is recall
- Does Gingko Biloba work
- Diet and nutrition

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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