



**BRAIN TRAINING 2nd Edition: Brain Training  
Strategies - Dramatically Boost Your: Memory,  
Focus, & Concentration, with Brain Games  
(Memory, Neurology, Neuropsychology, Cognitive,  
Mental Health Book 1)**

*Nick Bell*

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# **BRAIN TRAINING 2nd Edition: Brain Training Strategies - Dramatically Boost Your: Memory, Focus, & Concentration, with Brain Games (Memory, Neurology, Neuropsychology, Cognitive, Mental Health Book 1)**

*Nick Bell*

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## **Brain Training 2nd Edition with More Content!**

### **Discover Brain Training Strategies to Improve Your Memory, Increase Your Focus and Boost Mental Clarity**

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#### **How Does What's Inside This Book Benefit You?**

The brain is like a muscle; it is healthiest when it is active and regularly challenged. By making time to train your brain, you will notice that your brain performs better and remains strong throughout the years. In addition, people also report increased energy and alertness, improved ability to remember names and better concentration.

And, Here Are Just A Few More Benefits of Training Your Brain:

1. Faster Thinking
2. Better Memory
3. Getting Things Done
4. Try New Things
5. Improved Vocabulary
6. Improved Listening Ability
7. Sharper Vision

8. Quicker Reaction Ability
9. Safer Driving Skills
10. Increased Self-Confidence
11. Happier, Positive Mood

**Here's a preview of what you'll find inside this book:**

- ✓ How your Brain Works
- ✓ Positive Impact of Meditation
- ✓ Exercises for the Spine
- ✓ Cognitive Exhaustion
- ✓ Cognitive Distraction
- ✓ Attention and Memory
- ✓ Key Takeaways from this Book
- ✓ And much, much more!

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