



Brain Training: Proven Techniques To Improve Your Memory, Concentration, Your Work And Your Life! (Brain Exercise, Neuroplasticity, Brain Plasticity)

Christina Hanson

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Brain Training

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In this book, you will learn some valuable techniques that can help you literally train your brain. The brain has an amazing capacity to learn and grow and change thanks to the amazing complexity of the human nervous system.

Filled with tips and tricks to retrain your brain, these simple techniques can help you:

- Improve your memory, focus and concentration.
- Help you improve your work life and your home life.
- Help you understand the difference between a fixed versus a growth mindset.
- Help you take advantage of your brains neuroplasticity.
- Learn how memory games can help boost your brain.
- Learn about the power of meditation.

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