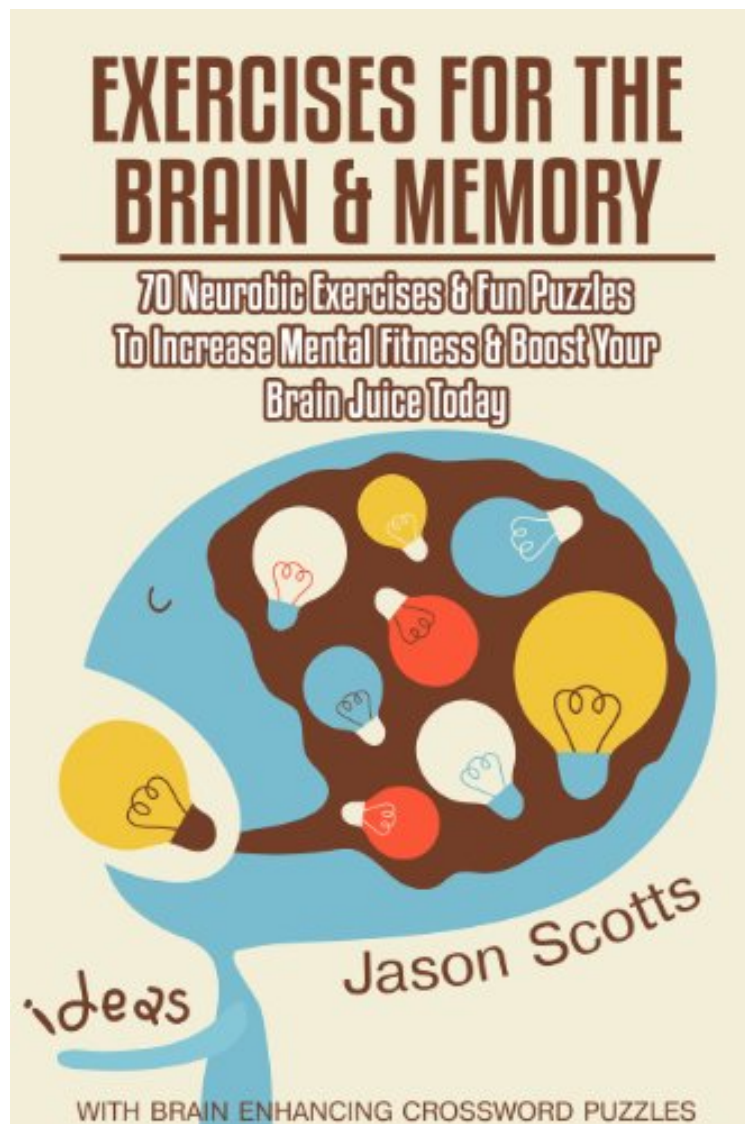


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Exercises for the Brain and Memory : 70 Neurobic Exercises FUN Puzzles to Increase Mental Fitness Boost Your Brain Juice Today (With Crossword Puzzles)

Jason Scotts

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Jason Scotts : Exercises for the Brain and Memory : 70 Neurobic Exercises FUN Puzzles to Increase Mental Fitness Boost Your Brain Juice Today (With Crossword Puzzles) before purchasing it in order to gage whether or not it would be worth my time, and all praised Exercises for the Brain and Memory : 70 Neurobic Exercises FUN Puzzles to Increase Mental Fitness Boost Your Brain Juice Today (With Crossword Puzzles):

1 of 1 people found the following review helpful. Lots of good information but isn't an exercise workbook per se
By Heather Wilson
I recently read another of the author's books, *Exercise and the Brain*. I liked that book as I thought it was an interesting introduction to brain exercise and gave valuable information on how to determine what exercises may be best for you. When I found this book, I thought it would have more specific exercises in it and be more of a workbook than it is. There's a lot of text that is similar or the same from that book into this one. This book does have some additional sections on various types of exercises but overall they were somewhat disappointing. I like that he gave some specific examples of exercises and explained why he thought they might be helpful. I wish there was more of this given the recent explosion of brain training games and apps as well as many physics, word, puzzle and code games/apps/books/sites available. Maybe guidance on which may be best for various age groups or experience levels could be included. The crosswords at the end of the book didn't display properly in my Kindle edition. The game board and the solved board appeared, but no clues for filling in the blank board. The numerical exercises section was not up to par in terms of the quality of explanation. Normally, concepts are explained in as non-technical terms as possible, which wasn't the case here. My dad taught various math courses from elementary to college age, so I'm familiar with having complex mathematical issues described simply. Also, this section didn't leave you with many ideas you could readily try, more research than should be required is left to the reader. For the speed reading, I would've like a site, book, or app mentioned so that you'd be sure you were developing comprehension as well as speed and for more guidance on timing this. I feel that this book should be two books or have two sections. One's more about learning what the exercises are about, what they can do, how to choose ones that are best for you, and an introduction to the concepts behind the various categories of exercises. The other would be exercises organized by category you can do without further research as well as recommendations for exercises you'd be getting from apps or games or sites. He could also make checklists so you could note what you're interested in pursuing or give example schedules of training sessions focused on specific areas and/or amount of time required. This would make the book be more usable, less overwhelming, and more organized. There's some good stuff in this book as there was in the other one I read. There's some new (compared to the other one) information that is useful. But as currently constructed, it's sometimes too complicated or appears as a brain dump of everything he could think of relating to the subject. I received this at a free or discounted rate in exchange for my honest review.

1 of 1 people found the following review helpful. there are unusual and fun exercises like smelling spices and trying to identify them
By Bryn
This book dives into Neurobic exercises for a healthy brain. These are mental exercises that help you synaptic connections by touching of all the sensory experiences. In addition to the standard crossword puzzle type exercises, there are unusual and fun exercises like smelling spices and trying to identify them. It's fun AND it helps your brain! A lot the Neurobics early on in the book take a very different approach than the paper/pen memory and knowledge puzzles. They have you flip flop your breakfast and lunch foods, move your furniture around, and switch up your clothing. It's a very interesting look at a different way to play with your senses and keep your brain active. The book also examines diet and physical exercise as benefiting the brain as well as important supplements. I wish that I had purchased this book in physical form so I could use it more as a reference and highlight and bookmark certain sections. It also has puzzles in the back that I'd like to do with paper and pencil. It is a nice book because you can gain someone on every page and pick it up anywhere and start reading. There is no need to read it cover to cover to start gaining the benefits. *I received this book free for Kindle.

0 of 0 people found the following review helpful. Brain memory exercises
By tweety16422
Learn about Neurobics mental exercises and the benefits. From when to do them to learning the activities that stimulate the brain function with diet, exercise and more complex theories. Find out why water is the key to life and how much water we are made of from the womb to birth, adults, old age and death. All the amount of water we are made of changes in these. Learn that stress and its connection to brain functions. There are many games and exercises and other things to keep mind sharp and this book list alot and alot of ideas i never thought of. I wish it had some exercises in it like a workbook would but i enjoyed this and learning from it. I received this book free to review and give a honest review.

Learn the best ways to improve mental health by grabbing a copy of this book. A lot of people today seek ways to retain and improve their memory and there is no better way to improve aside from these exercises. Just as the body needs physical exercises in order to function optimally, the brain needs to be exercised as well to prevent it from becoming sluggish. Get to know these fun and challenging exercises, do them and experience improved brain and memory function.

About the Author
Jason Scotts has quite a number of interests and over the years he has taken a special interest in memory and the ways that it can be improved. The seed of interest was planted when he was trying to find his own way to remember his own work for exams. That was when he started to delve into the world of memory exercises to try and find the best one to help him to achieve his goals. From the success that he had he made the decision to put together his own set of texts to explain to the various things that can be done to improve various aspects of memory to the interested reader. Jason is aware from his own experience that it will not be as easy as it seems in the first instances and he makes this clear in his texts. It is a process that has to be done in phases and before you know it your memory

will be up to par.