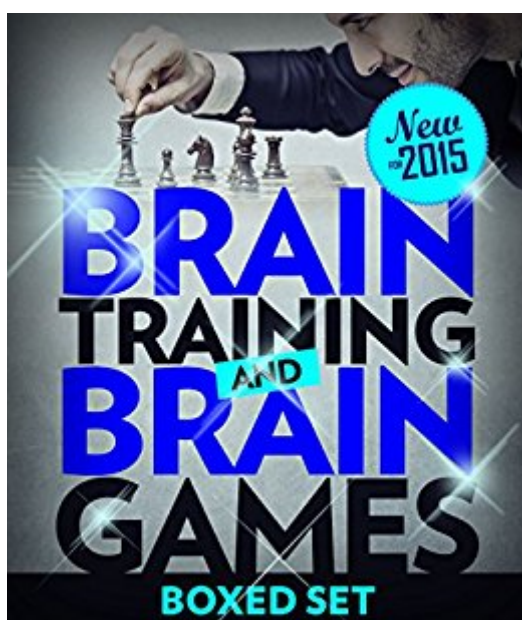


The book was found

Brain Training And Brain Games For Memory Improvement: Concentration And Memory Improvement Strategies With Mind Mapping (New For 2015)



Synopsis

This boxed set on Brain Training will give tips and incite on how the brain works and how to improve the power of your memory and increase your attention span.

Book Information

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Nonfiction > Self-Help > Memory Improvement

Customer Reviews

The first book is for brain training and memory, there are 70 games to play in this one. The author believes this is a way to increase concentration and mind focus. Games that we played as kids such as the memory game are mentioned, and the author breaks down other games that are good for adults to utilize as we get older. Chapter 2 discusses how to keep our mind sharp and offers 10 exercises for the process of sharpening our minds. Suggestions given are chunk words you read, and training your eyes to focus a certain way. There are other exercises as well but I will save them for your reading pleasure. Chapter 3 and on, is brain and memory games suggestions. The author lists a few quiz questions for you to answer, but most of this book is about other resources you can use to train your mind. So in my opinion it's more of a resource book than a book of like puzzles and

such. It will tell you which puzzles and things to go buy, per say. The second book is on brain training and how to improve concentration, your memory and IQ. The first 2 chapters give you some background info on memory but the 3rd chapter is interesting because it lists signs your brain may be deteriorating. Chapters 4-6 are on how to think faster, how to improve your memory and how to increase your attention span. Chapter 7 offers some basic brain training tips, most of the information there is common sense, and chapter 8 offers suggestions on how to boost your IQ through different sources like games we have all heard of. There are no games given, its just which ones to buy yourself. Chapter 9 is on brain training facts, and that goes into chapter 10 which discusses degenerative diseases and brain training. The third book is about Increasing brain power, improving power of the brain and memory. The first chapter discusses diet and the brain, the author also takes you on their journey, and I found this chapter kind of interesting. Chapter 3 is on the power of journaling. Journaling has many benefits in our life, but I never connected the dots it would be good for my brain. Chapter 4 may bring up some resistance in people, because the author discusses the benefit of power napping, but most people don't get enough sleep at night, so this will resonate with a lot of people. Chapter 5 discusses the reasons to lower your blood pressure and how that messes with brain function. Chapter 6 is all about meditation and reducing the stress, calming the mind and finding the stillness. Chapter 7 is about getting fit and in shape, which yup, that's good for your brain! Chapter 8 is exercising through games, and which ones are good for you to try. Chapters 9 and 10 talk about reading, and doing different things to add new interests. Chapters 11 through 15 are just on friendships, doing things to change up your routine like getting interested in music. Chapter 16 talks about breathing. Breathing is important because it increases oxygen to the brain, calms us, and increases our health. She provides exercises for us to start deeper breathing. Chapter 17 is all about nutritional supplements. The last few chapters go from thinking, to practicing hypnosis, speed reading, making your subconscious work for you, getting to know yourself, being your motivator, decreasing your stress, learning something new, changing the way things look. I would say this was the best book of all 3. There were a lot more helpful tips of changing your lifestyle to become a healthier, calmer person. I received these books for free in exchange for my honest opinion. I think the first 2 books really hit home on common sense things you can do through games, puzzles, reading, to help improve your brain function. The last book was more enjoyable to read because she gets to the heart of the important things like meditation, journaling, becoming more peaceful, slowing down, and less stress does improve our cognition.

I really like this book set because is not only about games to improve and train your brain, but also

teaches step by step, a variety of techniques to improve your mental and overall health. I read different types of book, but this one definitely caught my interest. This set is about 1212 pages long. Yes, I know it sound like a lot, but the majority of the pages are pretty short (see pictures). In this book set you can find: Breathing techniques Relaxation techniques Brain games Nutritional information and diets to improve brain capabilities Self-esteem boosters Meditation techniques What happens when you have positive or bad thoughts Easy daily exercises to start your day the right way Techniques to decrease stress And a lot more! I would recommend this book to everyone. Very helpful tips to become a better person, healthier, capable, and to improve your lifestyle. I'm very happy with this book set so I'll be happy to answer any questions. All opinions are mine and have not been influenced in any way by the seller. I received this boxed set at a discount in exchange for an honest and unbiased review. This review was not dictated by the discount and reflects my personal experience with this product. This book set met and exceeded my expectations. I hope you find this review helpful.

This book has a lot of great ideas for keeping the brain sharp and training it work better. After working in a nursing home and then an Alzheimer and Dementia unit I became increasingly interested in how to (hopefully) keep my brain as healthy possible. There are quite a few studies that show doing puzzles and reading help people who are in the early stages of Alzheimer's slow the progression, these books are taking that idea and giving you ideas on how to implement it. We start off with a chapter about why these games are important for the brain. Then there is a list of speed exercises (these are to learn to speed read), numerical exercise, word puzzles and then memory puzzles. These are not actual exercises that you do in the book (other then the word puzzles) but rather ideas and suggestions on what to do. In the second book we get ideas on how to increase memory, attention span and more tips on brain health and training. One of these that I found interesting was using your non-dominate hand. I do this a lot just out of habit so I found it interesting that I am actually helping my brain when I use my left hand to eat or write. The third book starts out with a list of supplements and food that are good for the brain, honestly this is nothing new and something anyone with Google can find. We then learn about mind mapping and journaling and then it goes back into habits and exercises the other books had pretty much already covered. The first two books are definitely worth a read, the third is a little lengthy for what little new information is given. I was given the book for free in exchange for my honest review, all opinions are my own and not influenced by anyone, discounts or "freebies".

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