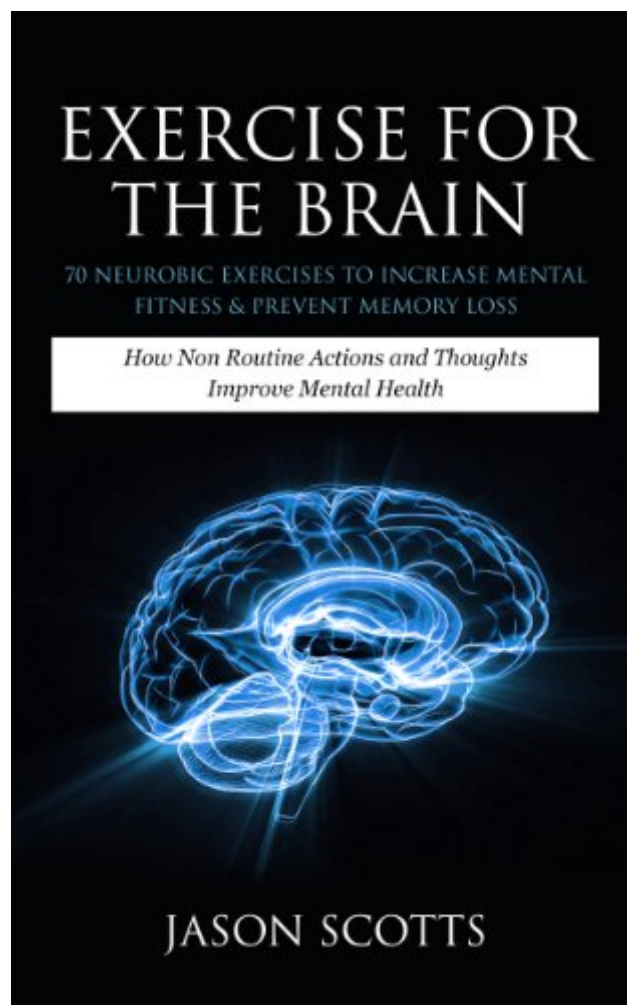


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# Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss: How Non Routine Actions And Thoughts Improve Mental Health





## Synopsis

If you are interested in learning the best ways possible to improve mental health then you need a copy of "Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss." This text is written in a fashion that is easy to understand and the author himself has used quite a number of the techniques outlined in the text to his own benefit. As more and more persons seek better ways to retain and improve their memory this text is well timed. It gives the reader the solutions that they need to get started on the path to having a fantastic memory. Of course in quite a number of instances the memory loss cannot be helped as it may be hereditary but it can be slowed down with the use of these exercises. Just as the body needs physical exercises in order to function correctly, the brain needs to be exercised as well to prevent it from becoming sluggish.

## Book Information

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## Customer Reviews

As noted in the disclaimer within the e-book: "It is not intended to diagnose, treat, cure, or prevent

any health problem or condition." That grain of salt aside, everyone knows that it is important to keep one's mind active and challenged for the sake of long-term health. The e-book by Jason Scotts is rooted in "neurobics," which are the mental exercises that enhance the brain's performance. In Chapter 1, it also discussed other essentials for the brain's well-being like diet, water, exercise, and keeping appropriate levels of stress. Chapter 2 goes into more depth about the benefits of these neurobic exercises, spelling such out in easy to understand language. The next few chapters go into more specifics about the how, when, and why of neurobics. Chapter 6 begins to explain the exercises that can be done, giving "24 new things" that can be done as neurobic exercises. Chapter 7 provides 24 more exercises, this time more focused on the five senses. Chapter 8 offers another 22 ways, this time explaining how to combine sensory experiences. In turn, the 70 exercises are far from monotonous or repetitive. I recommend this e-book to anyone pondering how to keep their brain fresh and engaged. More visuals would have made this a five-star review for me, but the e-book absolutely fulfills its promise of providing 70 neurobic exercises for the brain. The likelihood of increasing "mental fitness" and preventing "memory loss" will be different from person to person, but no harm can be done by implementing some new brain exercises into your daily routine.

This book is based on the latest scientific research and is filled with deceptively simple exercise programs. It is scientifically based on the brain's ability to produce natural growth factors called neurotrophins that help fight off the effects of mental aging. Neurobic exercises use your five physical senses and your emotional sense in unexpected ways and encourage you to shake up your everyday routines. Neurobics don't require paper and pen or isolating yourself with puzzles. Everyday life is the Neurobic Brain gym. They can be done anywhere, anytime in offbeat, fun and easy ways while you're getting up, commuting, working, eating, shopping or relaxing. They are designed to help the brain manufacture its own nutrients that strengthen, preserve and grow brain cells. I received this e book for free in exchange for my unbiased review.

The way this is written, it feels like you are reading a blog entry or an article you clicked on from an advertisement (you know the ones. "10 foods to avoid if you want to lose weight"). The book just makes suggestions to break up your normal routine. "Try walking backwards." "Brush your teeth with your left hand." "One of them just said learn chess." Definitely not worth reading when you can get most of this information with a google search. The chapters are also listed as "25 ways to whatever" and the suggestions aren't even numbered. Just a few paragraphs that say things like, "Be

sure to drink enough water. Water is good for you. You could also try moving to a different room to stimulate your senses. I have received this product at a discounted price in exchange for my honest and unbiased review. This did not affect my review or opinions on the product. If you have questions about this product or review, please comment and I'll answer to the best of my ability.

This is a very interesting subject. This book is a quick read, I read it in about 30 mins give or take. It has few chapters of what Neurobic exercises are and a few chapters on how to incorporate the Neurobic exercises into your life. I think I could easily use some of these exercises in my day to day routine. So are so simple, like switching the hand you brush your teeth with. Others are not so simple, and may take a little time and some initiative. I say if your interested in learning a little about stretching your brain and keep it sharp, then this is a great starter book. Sweet and simple. If your looking for more in-depth information, then look elsewhere. I was offered this book for free or at a reduced price for my fair review.

As a college student who always struggled with memory problems. Between short term memory loss, mixing up details from multiple documents, and never having concentration, I was searching for something that was not always stated and this book delivers! A very short read that adds some out of the ordinary advice to the most commonly stated advice really had me analyzing not only my study methods but my work ethic as well. Aside from the time you use your brain in class, you really need to challenge yourself in every aspect of life to challenge your muscle memory. This book reveals some critical topics that are not usually addressed. If you think you have heard everything you should know about improving brain function, like me, you are in for MORE facts. Not only do these tips help improve brain function it will help you in everyday school life. I will admit though that sometimes the book seems to drag on, so I would advise taking breaks instead of reading this in one go, unless you will actually be able to remember everything. I received this book for free, however the opinion stated in this review is one hundred percent my own thought of the book.

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