



Train Your Brain: 60 Days to a Better Brain

Ryuta Kawashima

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Train Your Brain: 60 Days to a Better Brain Ryuta Kawashima

This innovative brain health workbook has sold over 2.5 million copies globally! Dr. Kawashima, a prominent neurologist in Japan, developed this program of daily simple math calculations that can help boost brain power, improve memory and stave off the mental effects of ageing. The exercises in this book have even been shown to help those suffering from Alzheimer's.



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