



Train Your Brain: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports)

Simon Wooten, Terry Horne

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Train Your Brain will give you everything you need to get a faster, fitter and more productive brain. Not only does it offer plenty of fun puzzles and quizzes but the book also presents great advice for maximizing your mental agility through diet, exercise, and a generally healthy lifestyle. You will learn how to use the brain to tackle everything from office dilemmas to dinner-party debates.

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