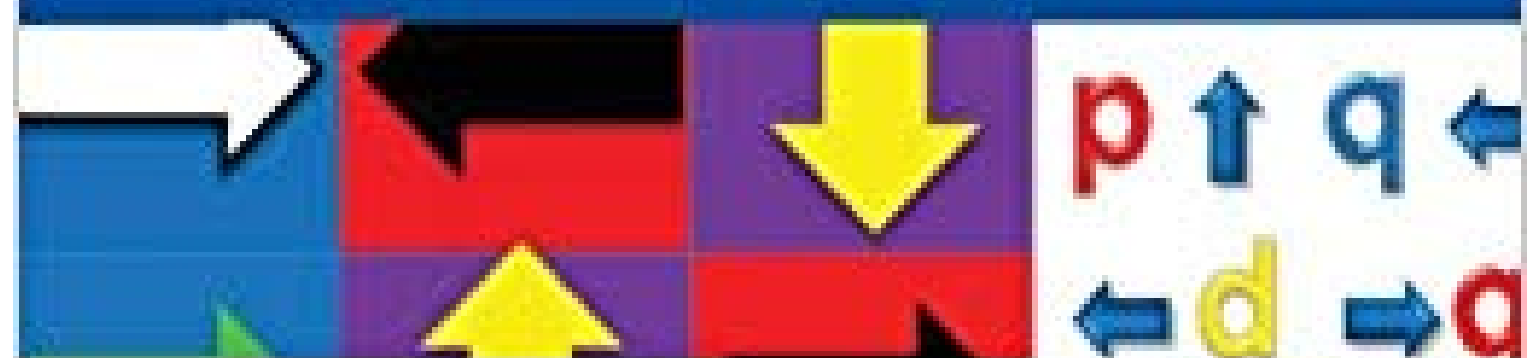


# Brain Training Exercises to Boost Brain Power

Bridgette Sharp



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## Brain Training Exercises to Boost Brain Power: for Improved Memory, Focus and Cognitive Function



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Brain Training Exercises to Boost Brain Power is a powerful tool to boost memory, attention, focus, human brain balancing and cognitive performance. Cognitive difficulties can frequently be due to slow or lacking still left and right brain communication. Poor readers can significantly benefit from brain training. Actions to promote & increase: Mind Balancing (hemispheric integration) Mind Processing Speed Storage Interest & Focus Working Memory (short-term memory) Visual Spatial Skills Cognitive Function Good for: Put/ ADHD Alzheimer's Auditory Processing Autism Spectrum Disorder Dyslexia remediation Dementia Visual Processing & Visual Memory Anyone wanting improved mind processing and memory abilities Mental exercises are recommended for the maturing to keep their human brain young and to discourage dementia or additional cognitive problems from developing. It also benefits the student by improving storage, sequencing and processing acceleration. These mental exercises are amazing for students youthful and old. Using brain training exercises engages both hemispheres to communicate and work simultaneously. Brain training is an all natural way to create difficult mental tasks less complicated. Professionals and the ones wishing to improve their memory and brain processing speed benefit greatly.



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Useless This is essentially a work book that can not be printed to be able to use it. I am using to help my son with processing speed issues. I laminated my pages, so he is able to reuse them with a dry erase marker therefore i don't have to make copies. The results show up in everyday actions with improved memory space and faster digesting. Not worth the money. The exercises themselves are great but you can find the same things on the web for free. Just too much charged for everything you get. Better Memory and Faster Brain Processing I use these Brain Schooling exercises daily with my customers. Each hemispheric integration exercise is meant to be achieved multiple times to improve speed and accuracy and also visual working storage and brain processing rate. Not worth the amount of money This little workbook has 37 actual pages of exercises. Many people pay out thousands of dollars to go to a brain training center when you can do the same exercises at home. Totally useless useless on can printing the pages.Nice publication of exercises Great brain exercises. A Work Bokk that Can not be Written on.



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