

BRAIN CHANGERS 365

BUILD a BETTER BRAIN with
7 ACTIVITIES EACH DAY



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*With foreword by Pat Sievers – National Speaker
with Dr. Pat Wolfe's Brainy Bunch*

Lenning, MS, Lorene "Renie" and
Brain Changers 365: Build a Better Brain with 7 Activities Each Day



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Activities in this book prompt you to: Think of positive inspiration Think about your daily life Recall factual details Solve logical problems Engage creative thinking Process new details Strengthen mind-body connection One arranged a day can help you loosen up, smile, and keep your brain active! Mind Changers 365 is a perfect prescription for such concerns. The only real side effects are a rise in brain health insurance and some good fun!com It contains an abundance of informative material and also easy-to-follow directions that allow individuals to interact, have fun, and improve brain working all at the same time. Solomonson, Life Trainer with www.Way2GrowCoaching.com.—Sonia C.—Lory Nels Johnson, Iowa Division of Education Consultant Train your brain seven different ways every day! Visitors can't stop raving about the outcomes! The authors utilize the latest scientific research to create exercises that stimulate seven different mental functions. Each day gives you a full set of seven unique "brain changers" for a yr! Just like a diversified portfolio or cross training, this new assortment of activities expands brain power in multiple methods. Because we're living longer these days, most of us are concerned about maintaining storage and healthy human brain function.



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You need this book! Simply the idea can sometimes seem onerous. This is not only a puzzle or brain teaser book.... Keeping the best for last . Think in various ways I really like how Brainchangers 365 helps you utilize various kinds of thinking. Invest in brain wellness—and fun! A book for all those Excellent ideas in book for raising and maintaining brain features as we age.. all while keeping you motivated, engaged, and having fun on the way! We spend time daily skipping around through the topics and activities.. Thanks so much for this wonderful materials!! Approachable and satisfying daily "workouts" problem you to explore your development edge, exercise underutilized regions of the human brain, and think even more holistically. We all know that people ought to be doing puzzles, activities and daily procedures that help us keep the brain health we've. Thoughtfully designed, user friendly, and filled with variety, this book might help stimulate and integrate brain functions in less than 5 minutes a day. the book truly nourishes your brain! This publication contains queries and easy-to-do activities for every day of the year, practices that just take mins of your entire day but add a lot of fun. You will love these daily brain-changers. Each day's items challenge various areas of the brain, some involving logical thinking and others that are inspirational or encourage innovative thinking. Here's one example: "Create some original factors to convince you to definitely get a dog." Today, wouldn't that be a fun exercise? Brain Changers is a casino game Changer My 92-yr-old mother received Brain Changers 365 as something special. Go ahead—invest in this publication and add 365 days of fun to your next year of existence! Boy, this publication has blown away all of our expectations. Not only has Mother enjoyed a number of quizzes, facts, and questions; we both enjoy the expanded conversations initiated by actions and topics in the book. Initially, Mom was intimidated by the size of the publication until she cracked open the first page. A great find!multiple ways of thinking are recognized and honored here... However, this is a wonderful book that will take the "should" out of the procedure and puts take pleasure in the picture! Whether you are a fact master, a innovative dreamer, or all about action, this book provides something for you personally. We are deploying it in a senior debate group at our church and actually enjoying it.



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