



Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness

Lawrence Katz, Manning Rubin

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Over 40? Getting forgetful? Having trouble learning new things, or remembering that actress's name without reaching for your smartphone? Neurobics are simple, unique brain exercises that can be done anywhere, anytime. Now, the Neurobics bestseller *How to Keep Your Brain Alive* is repackaged in a trim, tote-able format that makes it an ideal gift.

Based on leading neurobiological research, *Keep Your Brain Alive* introduces a regimen of mental cross-training—a series of deceptively simple exercises that help stimulate the production of natural growth factors called neurotrophins, which in turn grow brain cells and keep the brain younger and stronger. And nothing so easily stimulates the brain as breaking routines and using the five senses in new and unexpected ways. So if you're right-handed, wake up tomorrow and brush your teeth with your left hand. Or close your eyes before you get in the car and insert the key into the ignition. Every time you open a new circuit in your brain, it's like doing a round of mental sit-ups.



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