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This book was a number one bestseller in Japan, selling more than 2 million copies! Designed for readers who want to keep their minds sharp and stave off the mental effects of aging, this book presents a complete 60 day program to build a better brain.

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by Dr. Ryuta

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who want to keep their
minds sharp and stave
off the mental effects
of aging, this book

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presents a complete 60 day program to build a better brain. The program consists of a daily

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Description : Like the body, the brain needs exercise. And Dr Ryuta Kawashima, world-renowned professor of neuroscience and the expert behind the

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bestselling computer game Dr Kawashima's Brain Training, will give you the tools to make your brain work better. Follow his advanced programme of carefully chosen, yet deceptively simple activities.

By Ryuta Kawashima Train Your Brain 60 Days To A Better ...

Train Your Brain: 60 Days to a Better Brain is an English-language

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version of a Japanese book written by Ryuta Kawashima. The original book sold over a million copies in Japan. Dr. Kawashima found that by performing simple mathematical calculations and reading books aloud, one could retain mental clarity and stave off the mental effects of aging.

Train Your Brain -

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Wikipedia

This is Amazing book
by Ryuta Kawashima-
san! It gives you very
lucid understanding of
intricacies of Brain and
how it works. It also
suggests numerous
ways to enhance the
way your brain works!
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read & follow in day to
day life for everyone!
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at all boring!

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In 2003, Kawashima authored Train Your Brain: 60 Days to a Better Brain, which was a great success in Japan. When released worldwide, it sold more than 2.5 million copies. When released worldwide, it sold more than 2.5 million copies.

Ryuta Kawashima -

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Wikipedia

On Nintendo's website, Japanese neuroscientist Ryuta Kawashima, who developed Brain Training, claims that "the more you use your brain in a challenging way, the better it can work". And with more...

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I'm Dr. Ryuta

Kawashima, I study the

science of a brain at a

top Japanese

university. Based on

the game "Brain Age

Concentration

Training", We talk

about training you

brain to ignore

distractions....

Dr. Ryuta

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by Ryuta Kawashima-
san! It gives you very
lucid understanding of
intricacies of Brain and
how it works. It also
suggests numerous
ways to enhance the
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Train Your Brain :

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Performance - Duration:
51:37 Lewis Howes

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Training Brain

Networks and States -

Michael Posner ...

**The Secrets of
Healthy Ageing
lectures - How to
Train Your Brain**

After the launch of the
Nintendo DS, Satoru
Iwata presented him
the idea of the original
Brain Age; as part of
the Touch Generations

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series, the game would consist on a series of mental exercises based upon Dr. Kawashima's Train Your Brain book.

Dr. Ryuta

Kawashima (person)

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