



# **Brain Training: Advanced Brain Training Methods For Better Memory, Improved Concentration, Mental Clarity, Neuroplasticity, And Superior Power of Your ... Brain Training books, brain training tips)**

*Donna Bell*

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Have you ever felt that you'd like to be just a little bit sharper intellectually? Maybe you'd like to be quicker to make strategies, more observant of finer details or more efficient at remembering important, complicated information. Perhaps you find yourself frustrated with your tendency to daydream, or your forgetfulness, or maybe you're a passionate self-developer who wants to leave no stone unturned! The good news is, there are proven methods of brain training that can help any of the types of people mentioned above and many, many more! This book takes a broad approach to the area of brain training, offering a carefully framed philosophy to implement in your day-to-day life as well as specific techniques and exercises to develop individual areas of your intellect.

**This four step ideology will provide you with the basic framework around which you can construct a tailored program of brain training to incorporate effortlessly into your life. These four steps lead you in sequence to:**

- Improved Memory
- Improved Concentration
- Greater Mental Clarity
- Enhanced Neuroplasticity

Set yourself on the path to greater power of mind with this concise, easy-to-follow guide to what makes the brain tick, and what can make it tick more efficiently!

## **Getting Your FREE Bonus**

Read this book to the end and see "**BONUS: Your FREE Gift**" chapter after the introduction and conclusion.

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