



Brain Training Exercises to Boost Brain Power: For Improved Memory, Focus and Cognitive Function (Paperback)

By Bridgette Sharp

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Brain Training Exercises to Boost Brain Power is a powerful tool to improve memory, attention, focus, brain balancing and cognitive performance. These mental exercises are wonderful for students young and old. Poor readers can greatly benefit from brain training. Professionals and those wishing to improve their memory and brain processing speed benefit greatly. Mental exercises are recommended for the aging to keep their brain young and to discourage dementia or other cognitive problems from developing. Brain training is a natural way to make difficult mental tasks easier. Cognitive difficulties can often be a result of slow or lacking left and right brain communication. Using brain training exercises engages both hemispheres to communicate and work simultaneously. It also benefits the student by improving memory, sequencing and processing speed. Activities to promote increase: - Brain Balancing (hemispheric integration) - Brain Processing Speed - Memory - Attention Focus - Working Memory (short term memory) - Visual Spatial Skills - Cognitive Function Beneficial for: - ADD/ ADHD - Alzheimer s - Auditory Processing - Autism Spectrum Disorder - Dyslexia remediation - Dementia - Visual Processing Visual...



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