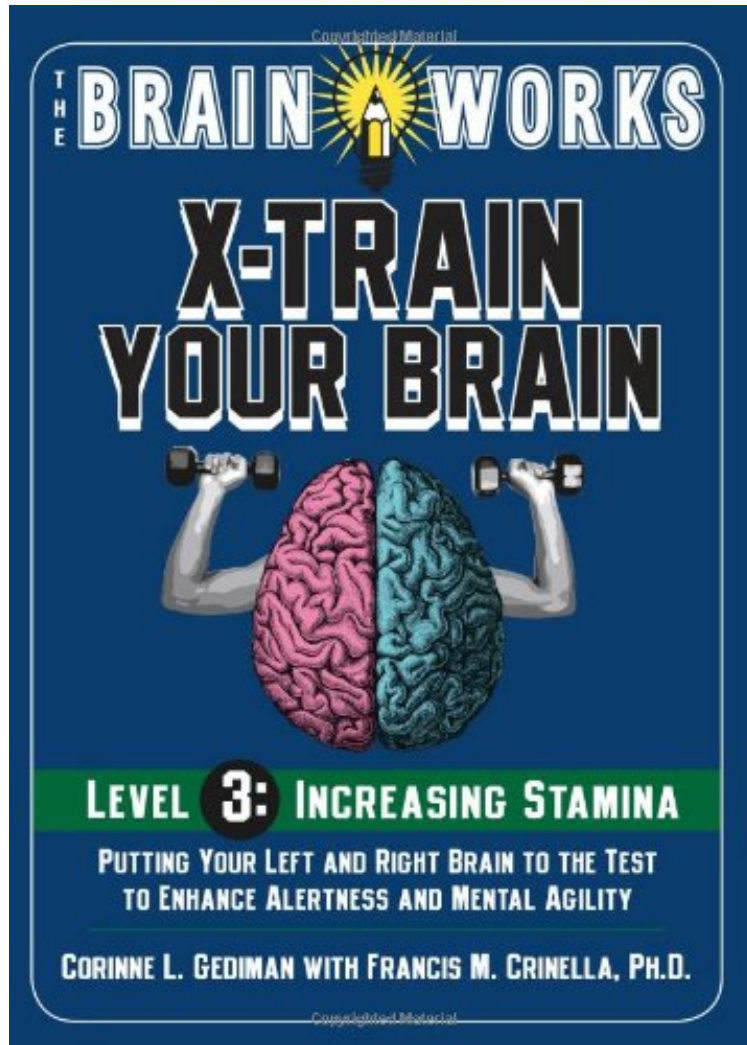


(Mobile library) The Brain Works: X-Train Your Brain Level 3: Increasing Stamina (Brain Works (Sellers))

The Brain Works: X-Train Your Brain Level 3: Increasing Stamina (Brain Works (Sellers))

Corinne L. Gediman and Dr. Francis M. Crinella
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Corinne L. Gediman and Dr. Francis M. Crinella : The Brain Works: X-Train Your Brain Level 3: Increasing Stamina (Brain Works (Sellers)) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Brain Works: X-Train Your Brain Level 3: Increasing Stamina (Brain Works (Sellers)):

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Level 3 of the X-Train Your Brain series presents moderately challenging puzzles to increase peak brain performance. Timing your solutions is encouraged to develop your ability to solve puzzles quickly and further enhance your alertness and mental agility. This volume emphasizes "lateral thinking", in which readers are encouraged to solve puzzles using creative reasoning and "out of the box" thinking. Each book in the series is inspired by the proven principle that mental muscle, much like physical muscle, can be gained and maintained with an exercise regimen. All of the titles can be used independently or in conjunction with each other. A brain assessment quiz is included in each volume to see which side of the brain (right or left) is more dominant and which side needs to be strengthened. Each volume contains puzzles that enhance left brain skills with verbal, logic, and linear problem solving as well as the right brain skills in visual perception, spatial relationships, and creative problem solving. Finally, whole brain puzzles provide readers with intuitive-thinking exercises that test the skills of the right and left brain combined. The fun way to keep your brain lively and fit!

About the Author Corinne Lille Gediman is a learning and developmental consultant with 25 years of experience designing and facilitating learning opportunities for corporate clients around the globe. Currently she is applying her skills as an adult learning specialist to the field of neuropsychology. In partnership with Dr. Francis Michael Crinella, a clinical neuropsychologist and researcher at UC Irvine, she has authored two previous books on brain fitness including: *Brainfit: 10 Minutes a Day for a Sharper Mind and Memory* (Rutledge Hill Press) and *Supercharge Your Memory!* (Sterling Press). Gediman is a sought-after speaker on radio, television, and destination spas. Francis Michael Crinella, Ph. D. is the Director of the Neuropsychology Laboratory and a Clinical Professor of Neuropsychology at the University of California at Irvine. Dr. Crinella is a highly respected neuropsychologist who has devoted his career to the study of brain function and brain plasticity. In addition to teaching and his clinical practice, Dr. Crinella has conducted numerous research studies and written many academic papers on brain plasticity, memory, and mental agility.