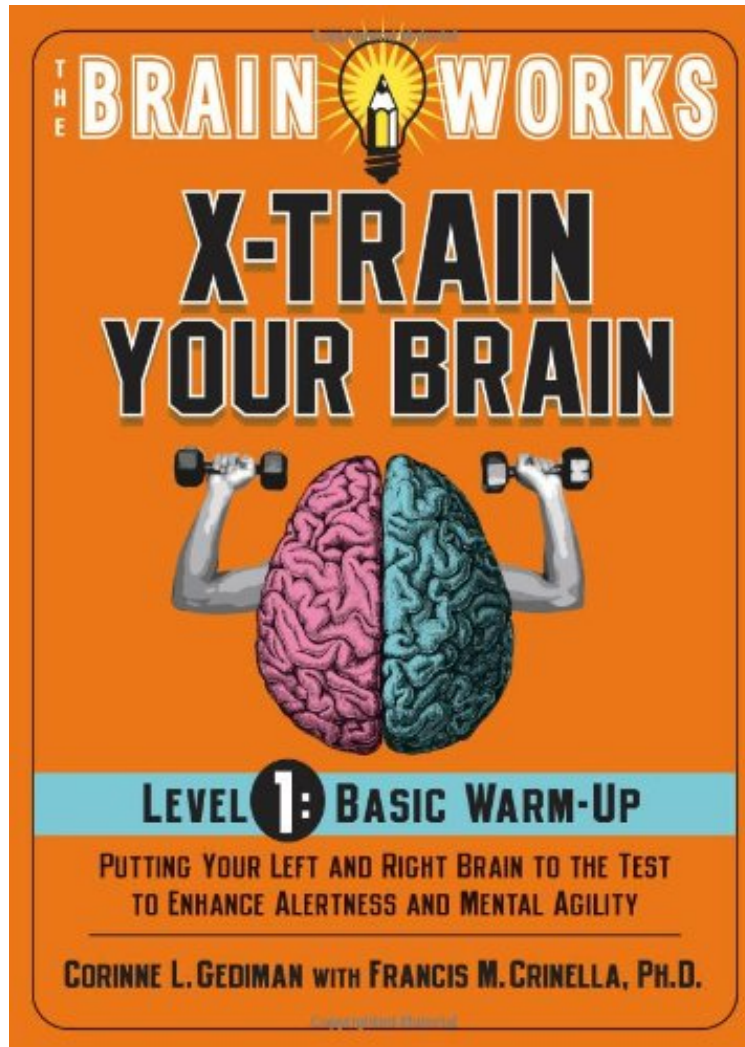


[Library ebook] The Brain Works: X-Train Your Brain Volume 1: Basic Warm Up (Brain Works (Sellers))

## The Brain Works: X-Train Your Brain Volume 1: Basic Warm Up (Brain Works (Sellers))

Corinne Gediman, Dr. Francis Crinella  
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Corinne Gediman, Dr. Francis Crinella : The Brain Works: X-Train Your Brain Volume 1: Basic Warm Up (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 Volume 1: Basic Warm Up (Brain Works (Sellers)):

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Sellers Publishing is introducing the first 2 volumes of X-Train Your Brain, a fun, brain exercise program designed by

two experts in the field of brain function and fitness. Each book in this series follows the proven principle that mental muscle, much like physical muscle, can be gained and maintained through an exercise regimen. First the reader takes a brain assessment to see which side of the brain (right or left) is more dominant and which side needs to be strengthened. Puzzles are provided to enhance the left brain's skills in verbal abilities, logic, and linear problem solving as well as the right brain's skills in visual perception, spatial relationships, and creative problem solving. Vol. 1 in this series is Level 1: Basic Warm Up. Other volumes in the series will focus on building core strength (vol. 2), increasing stamina (vol. 3), and accelerating the pace (vol. 4).

About the Author Corinne Lille Gediman is an adult learning specialist and subject matter expert in how to train for a better brain. She is the author of two previously published books on memory enhancement and mental agility including *Brainfit: 10 Minutes a Day for a Sharper Mind and Memory* (Rutledge Hill Press), and *SuperCharge Your Memory!* (Sterling Press). *Brainfit* has been published into Chinese and Portuguese. Ms. Gediman is a sought after speaker on cruise ships (Queen Mary II), resort spas (Canyon Ranch), and on syndicated radio talk shows. She has appeared on the T.V. news program *Good Morning Miami*. In addition to her work in the field of neural plasticity, Ms. Gediman is a managing principle in the firm of Proactive Safety Performance LLC. In this capacity she helps corporations to build safer work cultures by hard wiring safety into the hearts and minds of employees. Dr. Francis Michael Crinella is the Director of the Neuropsychology Laboratory and a Clinical Professor of Neuropsychology at the University of California at Irvine. He is a highly respected neuropsychologist who has devoted his career to the study of brain function and brain plasticity. Dr. Crinella's history as a memory researcher dates back to 1966, when he began working with the great Bob Thompson, at Louisiana State University. Bob Thompson was a student of the father of American neuropsychology, Karl Lashley, who dedicated his life to searching for the memory engram (a protoplasmic alteration hypothesized to occur on stimulation of living neural tissue and to account for memory). 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.