



Brain Training: Boost memory, maximize mental agility, & awaken your inner genius

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For people of all ages who want to improve their memory, hone learning skills, and boost mental performance in their daily lives, *Brain Training* is a vibrant collection of visual puzzles and tips to help exercise the brain and keep the cognitive faculties razor-sharp. Covering the key areas of brain function, including memory, perception, problem-solving, verbal reasoning, and the body (such as diet, exercise, and meditation), *Brain Training* is a dynamic resource that will boost everyone's brain power.

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Editorial Review

About the Author

Tony Buzan (foreword writer) is the originator of Mind Maps(r), the thinking tool popularly called the 'Swiss army knife of the brain'. He is the world's leading author, lecturer and adviser to governments, businesses, the professions, universities and schools on the brain, learning and thinking skills.

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