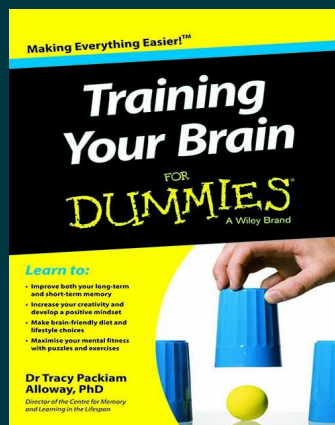




Training Your Brain for Dummies

By [Tracy Packiam Alloway](#)

Paperback

9788126544974

₹329.00

Pages: 280

Description

NULL

About the Author

Tracy Packiam Alloway

Tracy Packiam Alloway

Table of Contents

Part I: Brain Training Basics.

Chapter 1: Introducing Brain Training.

Chapter 2: Getting to Know Your Brain.

Chapter 3: Brain Training For Your Needs.

Part II: Remember, Remember . . . Keeping Your Memory Sharp.

Chapter 4: Honing Your Long-Term Memory.

Chapter 5: Improving Your Short-Term Memory.

Chapter 6: Improving Your Language Skills.

Chapter 7: Recognising Faces and Remembering Directions.

Part III: Fostering a Happy, Healthy Mind.

Chapter 8: Improving Your Creativity.

Chapter 9: Developinng a Positive Mindset.

Chapter 10: Reaping the Rewards of Peace and Quiet.

Chapter 11: Keeping Your Brain Sociable.

Part IV: Getting Physical: Looking at Brain-Friendly Diet and Lifestyle.

Chapter 12: Feeding Your Brain.

Chapter 13: Looking at Stimulants: Drugs and Caffeine.

Chapter 14: Building Up Mind/Body Fitness

Part V: Game On! Brain Training Games to Play at Home.

Chapter 15: Verbal Brain Games.

Chapter 16: Numerical Brain Games.

Chapter 17: Memory Games.

Part VI: The Part of Tens.

Chapter 18: Trying New Things to Train Your Brain.

Chapter 19: Ten Brain Games to Play on the Move.

To purchase this product, please visit:

<https://www.wileyindia.com/training-your-brain-for-dummies.html>



Scan to buy