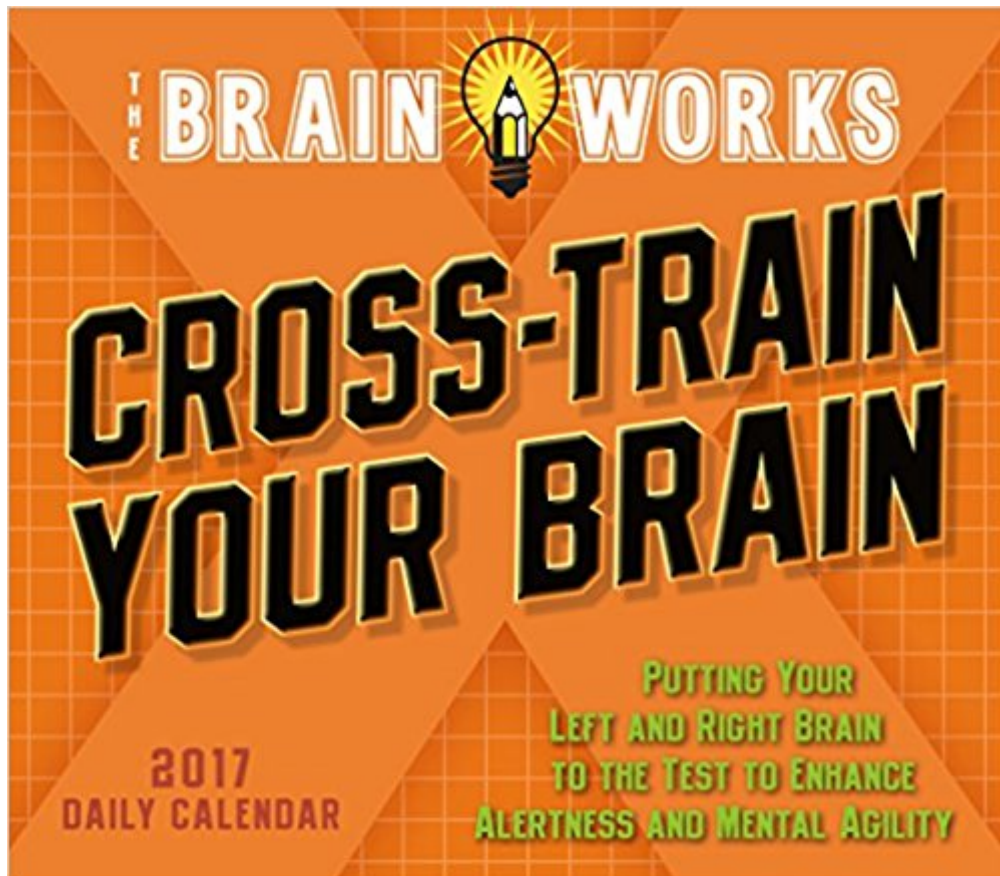




The book was found

Cross-Train Your Brain 2017 Boxed/Daily Calendar



Synopsis

Put your brain to the test to enhance alertness and mental agility. With exercises taken from our Brain Works series of books, this new daily calendar will give you a whole-brain workout! Cross-Train Your Brain, designed by Corinne L. Gediman, a learning specialist in the neuropsychology field, uses the brain's own natural anatomy of right and left hemispheres to give you a whole new kind of workout. Just as athletes achieve peak physical performance through cross-training, so, too, do brain athletes. Studies have shown that cross-training your brain can help to keep you alert, and prevent memory loss and sluggish thinking. So what are you waiting for? Let the games begin!

Book Information

Calendar: 320 pages

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Language: English

ISBN-10: 1416244360

ISBN-13: 978-1416244363

Product Dimensions: 1.5 x 5.5 x 6 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

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Customer Reviews

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