



Keep Your Brain Alive

Lawrence C., Ph.D. & Rubin, Manning; Illustrations by Suter, David Katz

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If taking a different route to work or brushing your teeth with your non-dominant hand could increase brain activity and help prevent memory loss, would you do it? Hint: the smart answer is "yes." **Keep Your Brain Alive** by Dr. Lawrence Katz and Manning Rubin features 83 neurobic exercises that use your five senses in unexpected ways to shake up your everyday routine and fire up your brain's neurons. This straightforward book explains how simple, do-anywhere exercises can stimulate the production of nutrients that grow brain cells, help ward off the effects of mental aging, prevent memory loss and increase mental fitness. - marbles the brain store

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