



Brain Workout: Easy Ways to Power Up Your Memory, Sensory Perception, and Intelligence

Ruth Winter, Arthur Winter

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Until recently, it was believed that as the years pass, the brain inevitably deteriorates in all of its many functions. Now, according to Dr. Arthur Winter, a neurosurgeon and the director of the New Jersey Neurological Institute, studies show that the brain can continue to develop and repair itself, even in old age, and that with simple daily exercises, the proper diet, and the right kind of mental stimulation, you can learn to strengthen and maintain your brain's power to near maximum capacity throughout your lifetime.

Brain Workout is a complete regimen with dozens of easy-to-follow exercise in each chapter and tips that include:

- Aiding memory
- Stimulating and improving sight, hearing, and the sense of smell, touch, and taste
- How certain foods affect us mentally and emotionally
- Medicines that improve brain capacity and chemicals that dull brain function
- The importance of oxygen to the brain, and what exercise will increase its flow



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