



Build a Better Brain: Mental Exercises & Advice for a Healthier Brain

Tim Stackpool

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The chapters in this ebook present many of the straight forward ways we can maintain a healthy mind or build a better brain, especially if in the normal course our lives we are actively doing things to damage it. Here you will find proven methods to improve your brain power, using simple and sensible steps that remind us of the easy ways we can improve our thinking and become the genius that resides inside our brain.

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