



# **Brain Training: 45 Advanced Techniques & Strategies For Greater Mind Power, Better Memory and Higher Concentration (brain training, concentration, neuroplasticity)**

*Steven Brown*

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**The human brain is a complex thing, but most people never use theirs at full power. How would you like to learn how to do just that?**

**Do you have trouble concentrating?**

**Are you always forgetting where you left your keys, or what time you were meant to pick the kids up?**

**How would you like to be smarter?**

With the brain training exercises detailed in this book, you can learn **how to improve the power of your mind**. It is easy to learn, once you know the special techniques. Anyone can make sense of this book, and start improving their mind today.

Stop letting yourself lose focus during important tasks. You can get more done if you learn how to concentrate and think faster. The most intelligent people throughout history have understood what it takes to use their brains. You too can learn to harness the power of brain training, and live up to your true potential.

## **Within this book, you will learn how to:**

- Think for yourself, instead of relying on technology
- Clear your mind and let it flourish
- Think deeply for better brain power
- Maintain the health of your mind
- Build your cognitive function
- Use simple tips and tricks to get smarter quickly
- Organize your life so you never forget again

## **Getting Your FREE Bonus**

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