



## Advanced Brain Training: Teach Yourself: Teach Yourself Brain Train Your Way to the Top

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By Terry Horne

Teach Yourself Books. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 7.7in. x 5.1in. x 1.0in. Expand your mind and outpace the competition The Genius Program is much more than a set of engaging puzzles--it will enable you to out-think and outperform everyone you know, either at work, at home, or on the field. It combines dispatches from the front-line of neuroscience, revealing the link between your brain chemistry and things such as Risk, Innovation and Strategic Thinking, and giving you practical exercises so you can immediately see the benefits. The second part of the book features hundreds of challenging, Mensa-level puzzles, sudoku grids, crosswords and lateral and logical thinking problems, allowing you to develop the mental agility to put the lessons from the first part of the book into practice. Peppered with tips, techniques, cutting-edge research and fun puzzles, this is more challenging, fun and original than any other brain training book. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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