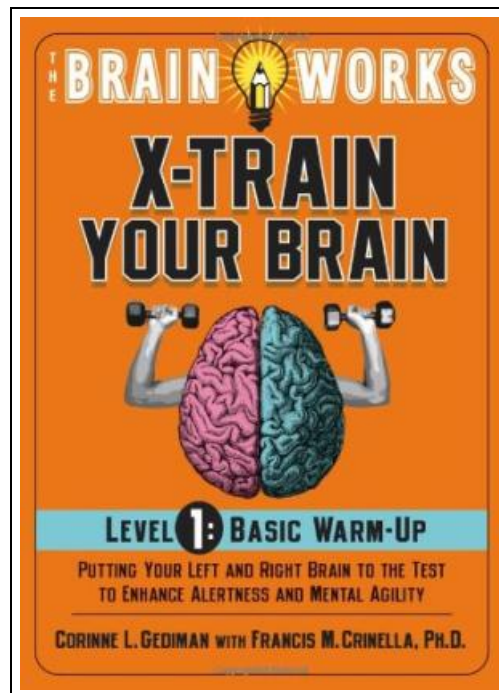


## The Brain Works X-Train Your Brain Level 1: Basic Warm Up: Putting Your Left and Right Brain to the Test to Enhance Alertness and Mental Agility



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*(Mitchell Kuhn III)*

## THE BRAIN WORKS X-TRAIN YOUR BRAIN LEVEL 1: BASIC WARM UP: PUTTING YOUR LEFT AND RIGHT BRAIN TO THE TEST TO ENHANCE ALERTNESS AND MENTAL AGILITY



Sellers Publishing. Paperback. Condition: New. 192 pages. Dimensions: 7.0in. x 5.0in. x 0.6in. Sellers Publishing is introducing the first 2 volumes of X-Train Your Brain, a fun, brain exercise program designed by two experts in the field of brain function and fitness. Each book in this series follows the proven principle that mental muscle, much like physical muscle, can be gained and maintained through an exercise regimen. First the reader takes a brain assessment to see which side of the brain (right or left) is more dominant and which side needs to be strengthened. Puzzles are provided to enhance the left brains skills in verbal abilities, logic, and linear problem solving as well as the right brains skills in visual perception, spatial relationships, and creative problem solving. Vol. 1 in this series is Level 1: Basic Warm Up. Other volumes in the series will focus on building core strength (vol. 2), increasing stamina (vol. 3), and accelerating the pace (vol. 4). This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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