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Train Your Brain Ryuta Kawashima

Train Your Brain: 60 Days to a Better Brain Paperback – Illustrated, August 1, 2005. by Dr Ryuta Kawashima (Author) 4.2 out of 5 stars 188 ratings. See all formats and editions.

Train Your Brain: 60 Days to a Better Brain: Kawashima, Dr ...

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Overview. This innovative brain health workbook has sold over 2.5 million copies globally! Dr. Kawashima, a prominent neurologist in Japan, developed this program of daily simple math calculations that can help boost your brain power, improve your memory, and stave off the mental effects of aging. The exercises in this book have even been shown to help those suffering from Alzheimer’s.

Train Your Brain: 60 Days to a Better Brain by Ryuta ...

Train Your Brain: 60 Days to a Better Brain is an English-language version of a Japanese book written by Ryuta Kawashima. The original book sold over a million copies in Japan. Dr. Kawashima found that by performing simple mathematical calculations and reading books aloud, one could retain mental clarity and stave off the mental effects of aging.

Train Your Brain - Wikipedia

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Doctor Ryuta Kawashima, professor of neuroscience at Tohoku University, offers something that most people in the world believe they need – a better memory. His book Train Your Brain – 60 Days to a Better Brain, published initially in Japan in 2003 and then in an English version in 2005, is now available in a new Penguin format.

Dr Kawashima's Brain Training | Health Guide

Dr. Ryuta Kawashima - YouTube I'm Dr. Ryuta Kawashima, I study the sience of a brain of a Top Japanese University. I am here to help you train your brain. People have trouble concentratin...

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This book answers why. Dr. Kawashima, a prominent neurologist in Japan, developed this programme of daily simple brain exercises that can help boost brain power, improve memory and stave off the mental effects of ageing. It explains: How reading, writing and listening to music affects our brain. How physical motion activates the brain.

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Ryuta Kawashima is the author of Train Your Brain (3.84 avg rating, 135 ratings, 14 reviews, published 2003), Train Your Brain More (4.39 avg rating, 18 ...

Ryuta Kawashima (Author of Train Your Brain)

In 2003, Kawashima authored Train Your Brain: 60 Days to a Better Brain, which was a great success in Japan. When released worldwide, it sold more than 2.5 million copies. A handheld stand-alone unit, Brain Trainer, was later developed, and became Brain Age: Train Your Brain in Minutes a Day! for the Nintendo

Ryuta Kawashima - Wikipedia

by Dr. Ryuta Kawashima. \$36.23. 4.5 out of 5 stars 11. Train Your Brain: How to Build a Million Dollar Business in Record Time. by Dana Wilde. \$15.28. 4.8 out of 5 stars 108. Moonwalking with Einstein: The Art and Science of Remembering Everything. by Joshua Foer. \$10.69.

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«Train Your Brain: 60 Days to a Better Brain». Ryuta ...

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Train Your Brain can turn back the clock...Like the body, the brain needs exercise. And Dr. Ryuta Kawashima, world-rewned professor of neuroscience at Tohoku University, has dedicated his life to researching exactly how we can make out brains work better.

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