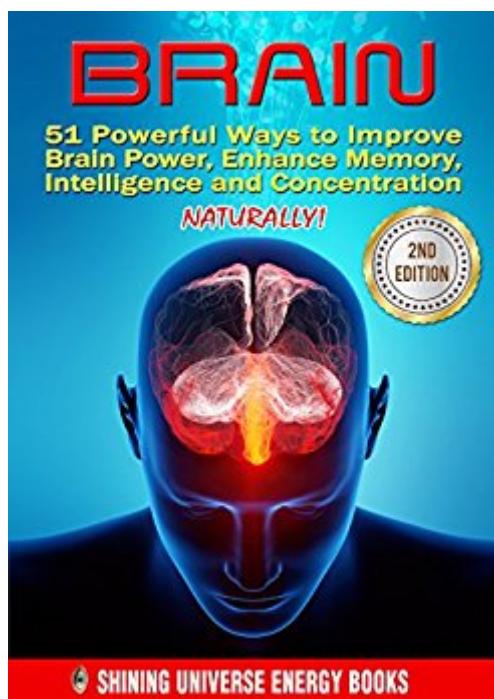


The book was found

BRAIN: 51 Powerful Ways To Improve Brain Power, Enhance Memory, Intelligence And Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training)



Synopsis

New and Improved - 2nd Edition. Now includes 21 NEW additional methods to improve BRAIN POWER in kids. Have you ever wondered why human beings are the most powerful creatures on this planet? It is not the size of the body or the strength of the muscles but the presence of an extremely sophisticated brain that has allowed us to master this planet. Human brain is the most wonderful computer that has ever been designed. Do you know that more than 95% of the people are not aware that the POWER OF THE BRAIN can be enhanced significantly? Even more surprising is the fact that it can be done very easily through some very simple techniques. This book will show you how. Learn about the various components of the brain, how it functions and how you can enhance your memory, intelligence and concentration through our well researched 51 methods NATURALLY! Here is a preview of what this book will teach you

The Brain - Its Importance and Potential

Basics of the Brain

Geniuses and Average People

Sharpening Your Brain

How to Boost Brain Power NATURALLY

Brain Exercises and Much Much More

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Customer Reviews

I always love reading books that has a lot of useful information on how we can become a better person. In this book you will learn proven ways to improve your brain power and enhance your memory, intelligence and concentration. The author of this book really knows what he's talking about because he explains everything perfectly and I commend him for that. I highly recommend this book to all the people who want to improve their brain power.

Well I for one would like to enjoy lifelong brain health and I find reading about the brain fascinating as there's still a great deal about the human brain that we do not know. Yes, this book has included powerful ways to improve brain power, enhance memory, intelligence and concentration • but more importantly it focuses on embracing healthy lifestyle habits with a combination of good nutrition with mental, social and physical activities. There are also some great exercises to stimulate the brain which included unique ways to improve the memory and I'll definitely be playing with them a bit more.

This book taught me many different things about enhancing my brain like how it functions and how we can enhance our memory, intelligence and concentration. This book contains proven steps and strategies on how to improve brain power, and even activating some areas of the brain. This book also explained the difference between a genius and an ordinary brain and revealed the secrets of how to improve our brain power.

I was recently diagnosed with Chiari and have found that my terrible memory is because of that. Once I was diagnosed, it made me more action oriented to improve my memory which is why I sought out this book. I was not expecting such diverse suggestions in this book! It covers how the brain works, how memories works, techniques, headstands (I had no idea headstands could help, wow), and foods that assist with brain function. I am very happy with this purchase and recommend it to anyone looking to improve.

Really liked this book, I would say it gave me more than 51 ways to improve my brain :) I just thought they would be exercises but they consisted of exercises, exercise, food and much more. I feel I will get a lot of benefit from this book.

The brain is divided into two hemispheres namely: right and left. Left hemisphere is responsible for logical and scientific functions namely understanding spoken and written language, reasoning and number skills. While the right hemisphere responsible for the artistic functions like insight, art awareness and music, as stated from the book. Knowing that the brain is the control center of the body, every movement, every word we said it has something to do with our brain. After reading the book, I realized a few things in order to improve brain power: one must have at least 8hrs of sleep, proper exercise and diet. I think those are the keys in order for one to improve brain power, memory and concentration. The book is informative, that is one good point. Also, the exercises/activities are kind of fun to do especially for the concentration and memorization part, another good point. Each activity is well-explained, the author defined the purpose why a certain activity/exercise should be done, it's quite helpful - good point. I think one of the most important way that I've read in the book was: Challenge Negative Thoughts. In other words, simply cut off negative things, and I think it would be rewarding if one accomplished this. Negativity affects one's thoughts and thinking which might cause a negative effect on one's daily performance at home, work or school. On the other hand, being a positive person promotes happy thoughts which causes the brain to be more productive everyday.

Very interesting read. This book has some great strategies to improve your brain capacity and overall performance. Over the past week I have tried one new exercise per day and it is much harder than I thought but I have gotten progressively better each day. Overall great recommendations overall and I got a lot from this book.

As somebody who's always trying to improve themselves I found this book very helpful. I really find it fascinating that we only use so little of our brain power and that we have a huge amount of untapped potential that we rarely get to discover. The author has put together a great deal of valuable information in this book along with practical ways on how to improve concentration, tap into Brain Power and accelerate learning. I've read other books on brain power that were very hard difficult to understand but this book is really easy to take in. Recommend to anyone wanting to learn more on the topic.

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Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Focus: The Practical Guide to Improving Your Mental Concentration, Killing Procrastination and Increasing Productivity (The ultimate guide to mental concentration, influence, time management) The Power Of Focus: How To Improve Your Concentration, Double Your Productivity And Become A Beast At Whatever You Do Adult Coloring Book: Fractals: curves and geometric figures expertly programmed to help reduce stress, sharpen your concentration, and nourish your creativity Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 Headstrong: The ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court. *Ágilmente [Agilely]: Aprendé cómo funciona tu cerebro para potenciar tu creatividad y vivir mejor* [Learn How Your Brain Functions to Enhance Your Creativity and Live Better] Natural Remedies for Low Testosterone: How to Enhance Male Sexual Health and Energy The Five Elements: Understand Yourself and Enhance Your Relationships with the Wisdom of the World's Oldest Personality Type System Powerful Prayers in the War Room: Learning to Pray like a Powerful Prayer Warrior (Spiritual Battle Plan for Prayer) (Volume 1) 365 Days of Decluttering and Organizing Your Home: DIY Household Hacks, DIY Declutter and Organize, DIY Projects, DIY Crafts, DIY Books, DIY Cookbook, ... Home Improvement (DIY Hacks Book 1) Emotional Intelligence: Master Your Emotions- Raise Your EQ, Critical Thinking and Optimize Your Life (Emotional Intelligence, Critical thinking, EQ) Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Swift Artificial Intelligence: Made Easy, w/ Essential Programming; Learn to Create your * Problem Solving * Algorithms! TODAY! w/ Machine Learning & Data Structures (Artificial Intelligence Series) Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) The Healthy Bones Nutrition Plan and Cookbook: How to Prepare and Combine Whole Foods to Prevent and Treat Osteoporosis Naturally

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