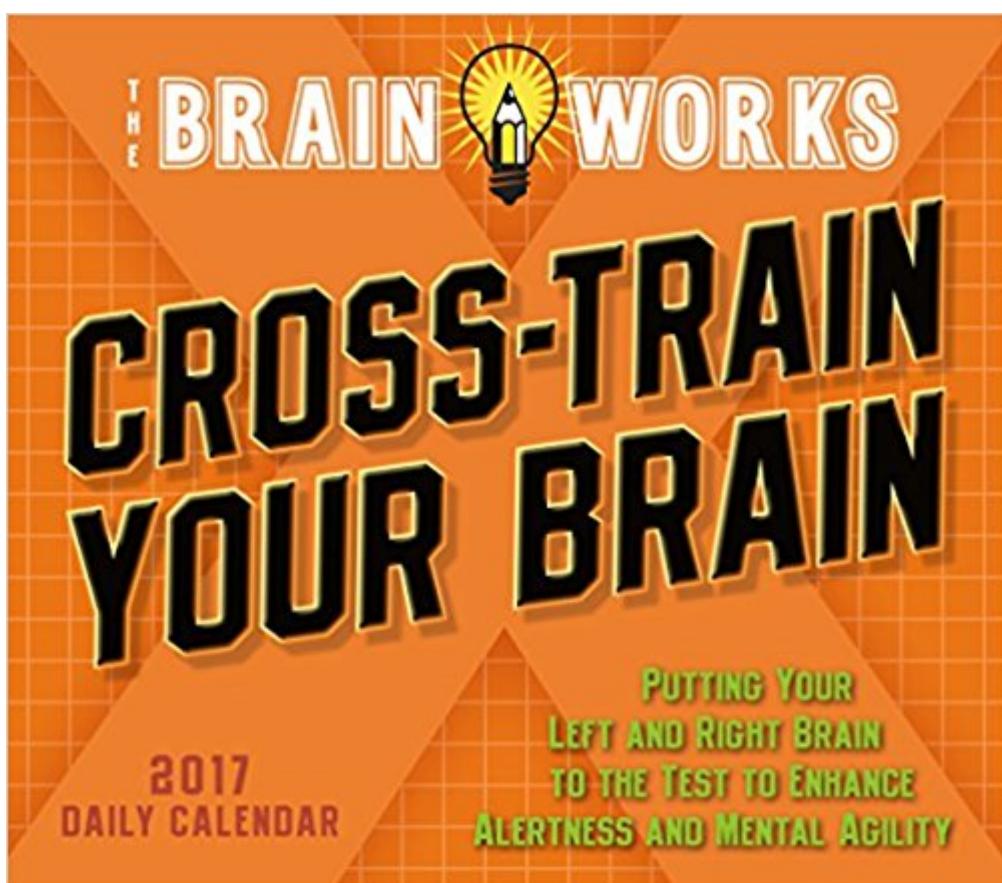


The book was found

Cross-Train Your Brain 2017 Boxed/Daily Calendar



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Synopsis

Put your brain to the test to enhance alertness and mental agility. With exercises taken from our Brain Works series of books, this new daily calendar will give you a whole-brain workout! Cross-Train Your Brain, designed by Corinne L. Gediman, a learning specialist in the neuropsychology field, uses the brain's own natural anatomy of right and left hemispheres to give you a whole new kind of workout. Just as athletes achieve peak physical performance through cross-training, so, too, do brain athletes. Studies have shown that cross-training your brain can help to keep you alert, and prevent memory loss and sluggish thinking. So what are you waiting for? Let the games begin!

Book Information

Calendar: 320 pages

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Language: English

ISBN-10: 1416244360

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Product Dimensions: 1.5 x 5.5 x 6 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

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