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HOW TO AVOID A TRAFFIC JAM IN YOUR BRAIN. When three of the George Washington Bridge's lanes in New York, New Jersey were closed down in 2013, traffic was almost at a complete standstill. That's exactly what happens to your brain's memory lanes when you don't keep your brain's nerve cell lanes open and healthy.

KEEP YOUR BRAIN ALIVE - Official Site

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Chances are, your brain needs a workout, and Neurobics's simple, unique brain exercises that can be done anywhere, anytime are here to help. In this little book, you'll find 83 brain teasers and challenges that will keep your mind occupied, whether during work breaks or on your commute, at mealtimes or at the market.

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Published simultaneously in Canada by Thomas Alien 8c Son Limited. Library of Congress Cataloging-in-Publication Data Katz, Lawrence, 1956 Keep your brain alive: the neurobic exercise program/by Lawrence C. Katz and Manning Rubin. p. cm. ISBN 0-7611-1052-6 1. Cognition's Age factors. 2. Cognition's Problems, exercises, etc. 3. Memory's Age factors. 4.

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The basic idea behind brain exercises is to use your brain's natural desire to form associations, to do things

in different ways that cause it to form new associations. The capacity of the brain to form new associations is essentially unlimited.

83 Unique Exercises to Keep Your Brain Alive

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“Keep Your Brain Alive” shows how studies regarding our brain are full of misconceptions. It starts by explaining what really occurs in our brains and what we have to do in order to maintain it working well.

Keep Your Brain Alive: 83 Neurobic Exercises to Help

“Keep Your Brain Alive” by renowned neurobiologist Lawrence Katz, gives the reader basic background info about how the brain's processes of handling information. The author explains how we can He then proceeds to give the reader some easy, practical exercises that most of us can blend into our everyday lives.

Keep Your Brain Alive: 83 Neurobic Exercises to Help

It's a fun, effective way to keep your neuron pathways fit and functioning, now and as you age. "Maintaining brain health involves physical and mental exercise, stress management, and a healthy diet. Doing the Neurobics in Keep Your Brain Alive is essential to fortifying these strategies and maintaining a healthy brain."

Keep Your Brain Alive by Lawrence C. Katz - OverDrive

Based on leading neurobiological research, Keep Your Brain Alive introduces a regimen of mental cross-training—a series of deceptively simple exercises that help stimulate the production of natural growth factors called neurotrophins, which in turn grow brain cells and keep the brain younger and stronger. And nothing so easily stimulates the ...

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