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**Keep Your Brain Alive 83
Neurobic Exercises To
Help Prevent Memory
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Drawing on cutting-edge neurological research, how to keep your brain alive: 83 neurobic exercises brings help to everyone whose memory is starting to slip. Devised by Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical Center, and Manning Rubin, author of 60 Ways to Relieve Stress in 60 Seconds ,

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here is a regimen of mental cross-training that can be done anywhere, by anyone, at any time of day.

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Drawing on cutting-edge neurological research, how to keep your brain alive: 83 neurobic exercises brings help to everyone whose memory is starting to slip. Devised

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by Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical Center, and Manning Rubin, author of 60 Ways to Relieve Stress in 60 Seconds, here is a regimen of mental cross-training that can be done anywhere, by anyone, at any time of day.

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usual homecoming routine, Jane had placed her brains attentional circuits in high gear.

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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.

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exercises brings help to everyone whose memory is starting to slip. Devised by Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical

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Center, and Manning Rubin, author of "60
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here is a regimen of...

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Break a routine activity in an unexpected,
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is not highly neurobic). Take a completely new route to work. Shop at a farmer's market instead of a supermarket.

Completely rearrange your workplace or home desktop or table or kitchen surfaces for a day. How Neurobics Work.

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