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effects of aging. The exercises in this book have even been shown to help those suffering from Alzheimer's.

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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

Description : Like the body, the brain needs exercise. And Dr Ryuta Kawashima, world-renowned professor of neuroscience and the expert behind the bestselling computer game Dr Kawashima's

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Brain Training, will give you the tools to make your brain work better. Follow his advanced programme of carefully chosen, yet deceptively simple activities.

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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

Ryuta Kawashima is the author of Train Your Brain (3.85 avg rating, 133 ratings, 14 reviews, published 2003), Train Your Brain More (4.47 avg rating, 17 ... Home My Books

Ryuta Kawashima (Author of Train Your Brain)

☐☐ Summary of Ryuta Kawashima's book «Train Your Brain: 60 Days to a Better Brain.» ☐☐ Contents
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Train Your Brain: 60 Days to a Better Brain Paperback – 1 January 2005 by Ryuta Kawashima (Author)

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On Nintendo's website, Japanese neuroscientist Ryuta Kawashima, who developed Brain Training, claims that "the more you use your brain in a challenging way, the better it can work". And with more...

Can you really train your brain? | The Independent

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

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This is an amazing book by Ryuta Kawashima-san! It gives you very lucid understanding of intricacies of Brain and how it works. It also suggests numerous ways to enhance the way your brain works! Amazing buy and must read & follow in day to day life for everyone! --By Prashant Lokhande on 2 April 2015 Awesome and not at all boring!

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After the launch of the Nintendo DS, Satoru Iwata presented him the idea of the original Brain Age; as part of the Touch Generations series, the game would consist of a series of mental exercises

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based upon Dr. Kawashima's Train Your Brain book.

Dr. Ryuta Kawashima (person) | Nintendo | Fandom

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