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simple math calculations that can help boost your brain power, improve your memory, and stave off the mental 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

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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 Brain Training, will give

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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

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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



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## **Ryuta Kawashima (Author of Train Your Brain)**

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## **Better Brain».** Ryuta ...

Train Your Brain: 60 Days to a Better Brain Paperback - 1 January 2005 by Ryuta Kawashima (Author)

## **Train Your Brain: 60 Days to a Better Brain by Kawashima ...**

On Nintendo's website, Japanese neuroscientist Ryuta Kawashima, who

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developed Brain Training, claims that "the more you use your brain in a challenging way, the better it can work". And with more...

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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.

**Train Your Brain by Ryuta Kawashima (Paperback, 2007) for ...**

This is an amazing book by Ryuta

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Category: SELF HELP

## **Train Your Brain by Ryuta Kawashima - Paperback - JLTStore**

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 on a series of mental

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

## **Dr. Ryuta Kawashima (person) | Nintendo | Fandom**

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