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This book was a number one bestseller in Japan, selling more than 2 million copies! Designed for readers who want to keep their minds sharp and stave off the mental effects of aging, this book presents a complete 60 day program to build a better brain.

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

## **By Ryuta Kawashima Train Your Brain 60 Days To A Better ...**

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.

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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**

This is 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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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. When released worldwide, it sold more than 2.5 million copies.

## **Ryuta Kawashima - Wikipedia**

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**

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## **Train your brain more : 60 days to a better brain ...**

I'm Dr. Ryuta Kawashima, I study the science of a brain at a top Japanese university. Based on the game "Brain Age Concentration Training", We talk about training you brain to ignore distractions....

## **Dr. Ryuta Kawashima - YouTube**

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

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## **Train Your Brain: Amazon.co.uk: Kawashima, Ryuta ...**

English. By (author) Ryuta Kawashima. Share. This innovative brain health workbook has sold over 2.5 million copies globally! Dr. Kawashima, a prominent neurologist in Japan, developed this program of daily simple math calculations that can help boost brain power, improve memory and stave off the mental effects of ageing.

## **Train Your Brain : Ryuta Kawashima : 9781933241159**

Dave Asprey: Train Your Brain for Peak Performance - Duration: 51:37. Lewis Howes 129,545 views. 51:37. Training Brain Networks and States - Michael Posner ...

## **The Secrets of Healthy Ageing lectures - How to Train Your Brain**

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

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

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