



7-Day Brain Power Challenge: Increase Brain Power in 7 Days (Paperback)

By Challenge Self

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Take Your 7-Day Brain Power Challenge Increase Brain Power In 7 Days Why are you reading this?

Because: - You want to unlock the limitless power of what your mind has to offer. - You want to have better cognitive skills from memory to concentration. - You want to be able to think faster and smarter to get ahead in your life. - You want to learn anything easily to excel in the workplace or at school. - You want to keep your brain healthy and in top shape for years to come. The human brain is a miraculous machine and the best computer that you will ever find. Every day your brain is challenged in ways you don't consider. Whether it's trying to remember a friend's phone number, trying to finish a report for work or school, or handling issues with other people, you rely on your brain to help you with your reasoning and creative problem-solving abilities. There are many factors that come into play in how your brain operates. Everything you do, from the foods...



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