



# **Protein Shakes for the Brain: 90 Games and Exercises to Work Your Mind's Muscle to the Max: 90 Games and Exercises to Work Your Mind's Muscle to the Max**

*Michel Noir, M.D., Ph.D Bernard Croisile*

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**Mind-games that keep your brain buff for life!** You're brain is like any other muscle in your body: if you don't use it, you lose it. Since you may not have time to take a class or learn a new language to keep your mind fit and to ward off memory loss, *Protein Shakes for the Brain* is a quick brain boost filled with puzzles, memory games, and attention grabbers-all the ingredients you need to keep your brain young, healthy and in terrific shape!

Sample Game:

Take a minute to memorize the six words below without looking at the bottom half of the page.

shrimp

cow

cupboard

design

elephant

part

Now cover up the list of words and answer the following questions:

- What, if any, animals are on the list? Name the abstract words on the list.
- Which word is the shortest on the list?



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**Maureen Bonds:**

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**Gary Wilson:**

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**Henry Hedrick:**

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