



Get Your Brain in the Fast Lane: Turbocharge Your Memory with More Than 100 Brain Building Exercises

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

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A power tune-up to get your brain revved and ready for high speed

Misplacing car keys, spacing out during an important meeting, or drawing a blank on a name--these are signs of a brain in desperate need of a good workout. The authors of *Dental Floss for the Mind* have designed a whole new collection of challenging, fun, interactive activities to boost brain function.

Get Your Brain in the Fast Lane features over 100 inventive and engaging exercises designed to stimulate, develop, and improve five key cognitive areas of the brain: attention, memory, language skills, visual and spatial recognition, and reasoning. A customized scoring system enables you to assess your skills, identify problem areas, and set goals for improvement.



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