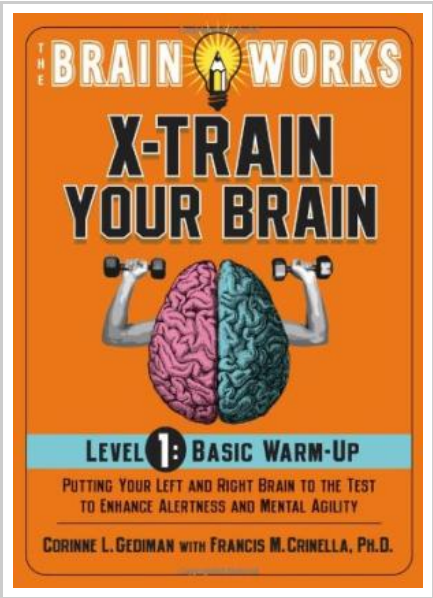


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Brain Works: X-train Your Brain: Basic Warm Up Level 1 (Paperback)

By Corinne L. Gedimann

Sellers Publishing, Incorporated, United States, 2012. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Sellers Publishing is introducing the first 2 volumes of X-Train Your Brain, a fun, brain exercise program designed by two experts in the field of brain function and fitness. Each book in this series follows the proven principle that mental muscle, much like physical muscle, can be gained and maintained through an exercise regimen. First the reader takes a brain assessment to see which side of the brain (right or left) is more dominant and which side needs to be strengthened. Puzzles are provided to enhance the left brain s skills in verbal abilities, logic, and linear problem solving as well as the right brain s skills in visual perception, spatial relationships, and creative problem solving. Vol. 1 in this series is Level 1: Basic Warm Up. Other volumes in the series will focus on building core strength (vol. 2), increasing stamina (vol. 3), and accelerating the pace (vol. 4).

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