

<<INCREASE YOUR BRAINP>>

图书基本信息

书名：<<INCREASE YOUR BRAINPOWER 增加您的脑力-改进您的创造性记忆，精神敏捷性>>

13位ISBN编号：9780471531234

10位ISBN编号：0471531235

出版时间：2001-5

出版时间：吉林长白山

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页数：138

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内容概要

Athletes, gymnasts and dancers strive to push their bodies to achieve maximum potential, exercising to improve suppleness, stamina and technique to be the best in their chosen field. Every one of us has to use our brain on a daily basis, but how many of us exercise or train our brain to improve its potential? Many of us take our brain for granted, believing there is little we can do to improve the brain we have been born with. This book sets out to demonstrate that this is not the case and that it is possible to considerably increase your brainpower and go some way to utilising your brain to its full potential. After giving a brief summary of the composition of the brain, the remainder of the book concentrates on the main areas of brain function - creative thinking, memory, logical thought, agility of mind and intelligence - and provides a series of fun, yet stimulating tests and exercises designed to improve your mental well-being.

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书籍目录

Introduction. About the Brain. Creativity. Memory. Mindstretchers. Agility of Mind. Intelligence Tests. Hints. Answers.

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