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## **Keep Your Brain Alive 83 Neurobic Exercises To Help Prevent Memory Loss And Increase Mental Fitness**

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Keep Your Brain Alive 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness *How to Keep Your Brain Healthy: Training to Prevent Memory Loss and Increase Mental Fitness*

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whose memory is starting to slip. Devised by Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical Center, and Manning Rubin, author of *60 Ways to Relieve Stress in 60 Seconds*, here is a regimen of mental cross-training that can be done anywhere, by anyone, at any time of day.

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This book has 83 neurobic exercises to help keep your brain active and help prevent memory loss. The nine chapters cover the following material: Neurobic: the new science of brain exercises, how the brain works, how Neurobics works, starting and ending the day brain exercises, brain exercises while commuting, at work, while at the market, at meal times and at leisure.

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The key to keeping your brain strong and healthy is to break routines and use all five senses in unexpected ways. Offbeat, fun, and easy, these 83 exercises will result in a mind fit to meet any challenge—whether remembering a name, learning a new app, or staying creative in your work.

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Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness, by Lawrence Katz and Manning Rubin New York, NY: Workman Publishing Company, Inc., 2014, 190 pages, and softcover, \$8.49 (Kindle \$7.52)

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Based on recent discoveries in brain science, Neurobics is a new form of brain exercise designed to help keep the brain agile and healthy. By breaking her usual homecoming routine, Jane had placed her brains attentional circuits in high gear.

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Break a routine activity in an unexpected, novel way (novelty just for it's own sake is not highly neurobic). Take a completely new route to work. Shop at a farmer's market instead of a supermarket. Completely rearrange your workplace or home desktop or table or kitchen surfaces for a day. How Neurobics Work.

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