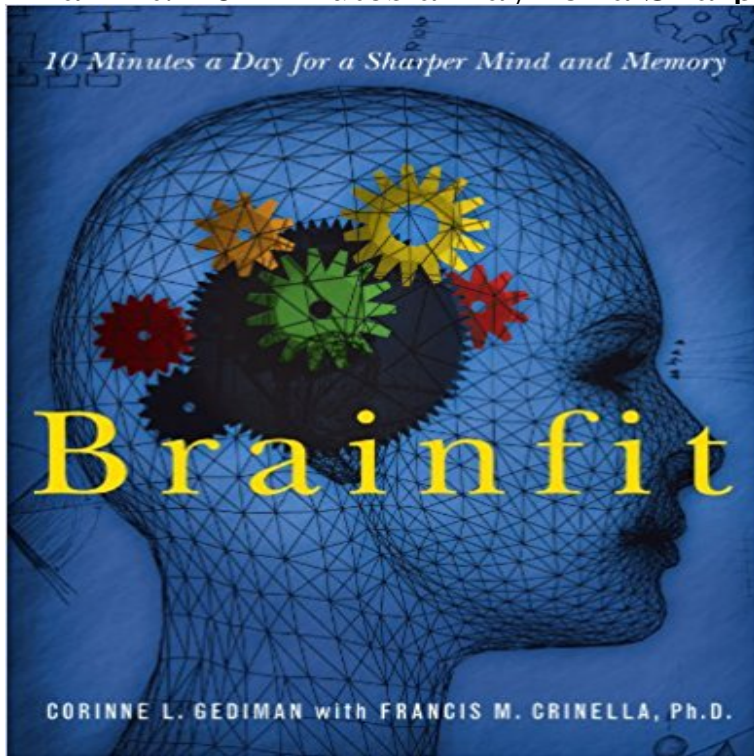


Brainfit: 10 Minutes a Day for a Sharper Mind and Memory



Brainfit is a training program designed to reclaim your brain. In 10 to 15 minutes a day individuals who are beginning to feel the effects of memory loss will see immediate reversal of the mental aging process. The 9 distinct, fast and fun weekly workouts focus on a different aspect of brain fitness. This approach fits the lifestyle of the target market - age and intellect appropriate, fast, entertaining, and results oriented. Features include: Weekly Exercise Planners for your daily routine Exercises more like games or brain teasers to achieve maximum results Tips, suggestions, and creative alternatives to your daily routine

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About the Author. Corinne Lille Gediman is an adult learning specialist with 25 years experience with a broad range of corporate, national, **Brainfit: 10 Minutes a Day for a Sharper Mind and Memory - BookPage** Buy Brainfit: 10 Minutes a Day for a Sharper Mind and Memory on ? FREE SHIPPING on qualified orders.

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