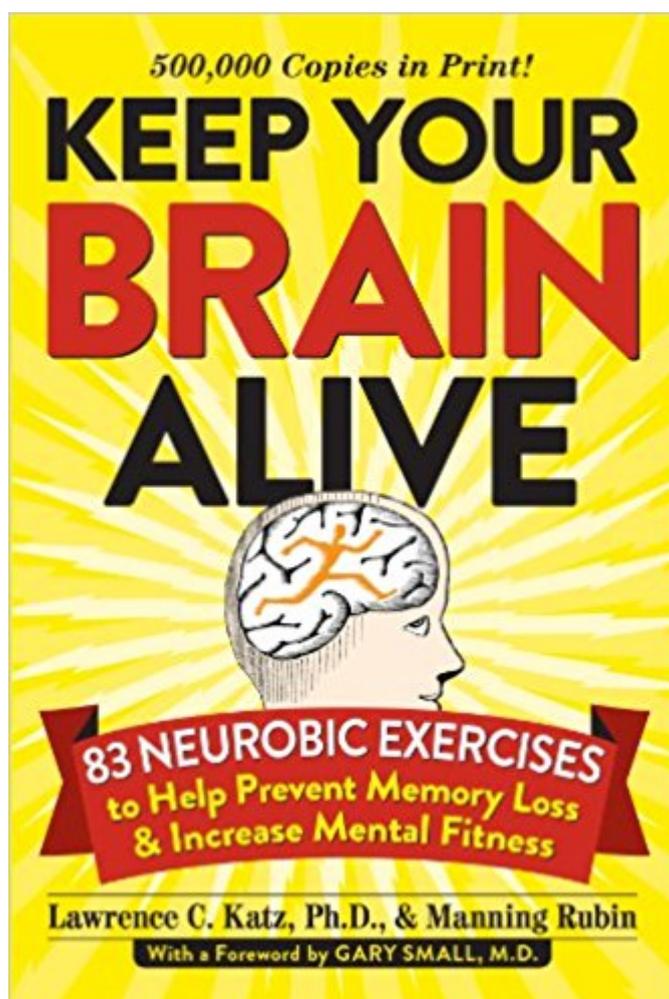


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# Keep Your Brain Alive: 83 Neurobic Exercises To Help Prevent Memory Loss And Increase Mental Fitness



## Synopsis

Over 40? Getting forgetful? Having trouble learning new things, or remembering that actress's name without reaching for your smartphone? Neurobics are simple, unique brain exercises that can be done anywhere, anytime. Now, the Neurobics bestseller *How to Keep Your Brain Alive* is repackaged in a trim, tote-able format that makes it an ideal gift. Based on leading neurobiological research, *Keep Your Brain Alive* introduces a regimen of mental cross-training—a series of deceptively simple exercises that help stimulate the production of natural growth factors called neurotrophins, which in turn grow brain cells and keep the brain younger and stronger. And nothing so easily stimulates the brain as breaking routines and using the five senses in new and unexpected ways. So if you're right-handed, wake up tomorrow and brush your teeth with your left hand. Or close your eyes before you get in the car and insert the key into the ignition. Every time you open a new circuit in your brain, it's like doing a round of mental sit-ups.

## Book Information

Paperback: 204 pages

Publisher: Workman Publishing Company (March 25, 2014)

Language: English

ISBN-10: 0761168931

ISBN-13: 978-0761168935

Product Dimensions: 4 x 0.6 x 6 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (38 customer reviews)

Best Sellers Rank: #29,379 in Books (See Top 100 in Books) #29 in [Books > Self-Help > Memory](#)

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## Customer Reviews

This book gives great tips on how to use all of your senses in daily life. By using all of your senses, you "exercise" those areas of the brain and awaken circuitry which has been neglected for a while. The book is worth it if you're willing to actually take the tips and put them into action in your daily life. I think that it will be a good shake-up for people who are really used to routine and need a bit of a fresh perspective on life. The book might appear simplistic to people who are looking for the typical brain-workout (complex brain teasers or puzzles) but I would still recommend giving the book

a try: it might appear simplistic in terms of the amount of brain exercise, but, keep in mind that, compared to puzzles and teasers, the book actually suggests a different TYPE of exercise, which exercise completely different areas of the brain.

I have been into physical and mental fitness all my life and now that I have reached the golden years it is even more essential that I keep active physically and mentally. I saw this 190 page paperback (*Keep Your Brain Alive* by Lawrence C. Katz and Manning Rubin) on for a bargain price and I immediately purchased it. I have just finished reading this wonderful book and found the exercises and advice easy to follow. 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. There are also some end notes on the above material. The real value of this book is that it provides some interesting exercises to keep your mind, active, healthy and strong. It also suggests many other ways to exercise your mind in order to improve yourself. If you are seeking a practical and informative book that will help you increase your mental fitness you should check out this book. I found it a fascinating read. Rating: 5 Stars. Joseph J. Truncale (Author: *The Samurai Soul: An old warrior's poetic tribute*).

Brushing your teeth with your left hand is harder than you think, but even after trying once it makes sense that your brain will stay more limber when you also use your body. Playing computer games only reaches part of your brain, the same part you use at the office. Touching, smelling, hearing, and tasting new things -- these exercises engage all of your brain.

I heard about this book from a memory care nurse. It came highly recommended and easy to use. I can't say how much it has helped but I know it's important to "use it or lose it". That was my purpose in getting the book.

This book is probably for people who aren't lifelong learners. It has only one premise: shake up your life by trying new things. If you were presuming this book has a secret recipe for improving your mind, don't bother. Get outdoors and do something fun.

How we rate a book depends primarily on what we are induced to expect from it. The title suggested

that this book would offer ways to increase one's range of thinking styles. Instead, what I found to my disappointment, were trivial exercises that aim to change routine habits. Most of it is about deliberately changing the way we perform our routines and mundane daily activities - like closing your eyes and opening your bathroom tap, taking a new route to a familiar destination, getting exposed to strong and unusual smells etc. This might be of help to those who have considerably aged and require any sort of mental stimulation to activate their brain cells. For someone like me, working as a bank clerk at the age of 30, brimming with ideas on creativity and imagination techniques, these exercises really do not make much of a difference. I think what the younger population needs for brain development (not in the physiological sense) is a solid exposure to the different ways of thinking - analytical, logical, creative, lateral, abstract, visual, holistic, intuitive, pattern-based thinking etc and ways to improve memory. The more tools you have to choose from the more ways you have to tackle and solve a problem. This book doesn't do a thing towards this objective. If you feel what I mentioned in the last paragraph is what you're really looking for, I would whole-heartedly suggest Karl Albrecht's "Brain Power". That book really deserves to move up in the sales ranking. ("Brain Power" focuses on thinking methods. For memory improvement the only book you need to read, in my opinion, is "Your Memory" by Kenneth Higbee). What follows might be an unkind comment, but I should mention it because the title does not suggest it, "Save this title for the time when you are old and senile".

This is strictly my opinion, of course, and perhaps others found this book useful. I found it redundant. The author came up with multiple ways to say the same thing over and over and over again. I found it boring and couldn't finish it.

our muscles cannot remain in tone and in use if their bossy muscle (the brain) is neglected and is no longer capable to pass on its directions telling the others what to do... short of a catastrophic event or disease, our brain - while we still have loads more to learn about it - is a clever bundle indeed... this book presents interesting options to keep it active much like LA Fitness does for the athletes in us... certainly we ought to explore useful support when such is available. And who knows, maybe one day an audiobook version, too will be made available to the seeing challenged readers among us. Keep Your Brain Alive is definitely qualified for the "desert island" book collection in this household!

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