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Dr. Kawashima, a prominent neurologist in Japan, developed this program of daily simple math calculations that can help boost your brain power, improve your memory, and stave off the mental effects of aging. The exercises in this book have even been shown to help those suffering from Alzheimer's.

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This is Amazing book by Ryuta Kawashima-san! It gives you very lucid understanding of intricacies of Brain and how it works. It also suggests numerous ways to enhance the way your brain works! Amazing buy and must read & follow in day to day life for everyone! --By Prashant Lokhande on 2 April 2015 Awesome and not at all boring!

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[Train Your Brain: 60 Days to a Better Brain](#) is an English-language version of a Japanese book written by Ryuta Kawashima. The original book sold over a million copies in Japan. Dr. Kawashima found that by performing simple mathematical calculations and reading books aloud, one could retain mental clarity and stave off the mental effects of aging.

~~Train Your Brain - Wikipedia~~

On Nintendo's website, Japanese neuroscientist Ryuta Kawashima, who developed Brain Training, claims that "the more you use your brain in a challenging way, the better it can work". And with more...

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