



**The Brain Fitness Workout: Brain Training  
Puzzles to Improve Your Memory Concentration  
Decision Making Skills and Mental Flexibility  
(Testing Series)**

*Philip Carter*

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# The Brain Fitness Workout: Brain Training Puzzles to Improve Your Memory Concentration Decision Making Skills and Mental Flexibility (Testing Series)

*Philip Carter*

## **The Brain Fitness Workout: Brain Training Puzzles to Improve Your Memory Concentration Decision Making Skills and Mental Flexibility (Testing Series) Philip Carter**

Whilst most people are aware of the importance of keeping their bodies in good shape, it is only in recent years that there has been a widespread acceptance that the brain is stimulated by originality, thrives on challenge and needs to be exercised and trained just as much as other parts of the body.

The Brain Fitness Workout includes a wide range of puzzles, tests and workouts designed to provide original and stimulating mental challenges with the aim of improving readers' brain fitness. Several of the exercises are speed tests against the clock, and this is indicated where appropriate. In some cases an assessment rating is provided to enable you to monitor your performance.

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Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or their friends. Usually they doing activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? Can be reading a book can be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the book untitled The Brain Fitness Workout: Brain Training Puzzles to Improve Your Memory Concentration Decision Making Skills and Mental Flexibility (Testing Series) can be fine book to read. May be it could be best activity to you.

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