

Making Everything Easier!

Training Your Brain

FOR

DUMMIES

Learn to:

- Improve both your long-term and short-term memory
- Increase your creativity and develop a positive mindset
- Make brain-friendly diet and lifestyle choices
- Maximise your mental fitness with puzzles and exercises

**Dr Tracy Packiam
Alloway, PhD**

*Director of the Centre for Memory
and Learning in the Lifespan*



Training Your Brain For Dummies

JE Gale



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