



Brain Boot Camp: Work Out Your Mind and Boost Brainpower with Your Very Own Electronic Coach - 1001+ Questions

Douglas Mason

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The latest neurological research proves that the brain has the ability to repair itself but not without the proper training! *Brain Boot Camp* is just what the doctor ordered for boosting memory and mental agility. A complete workout for the mind with 1,001 questions that test and tone attention, cognitive speed, logic, memory, language skills, and visual processing the unique electronic module customizes each reader's experience by varying the difficulty of questions while also serving as an answer pad, scorekeeper, and personal trainer. Part game, part coach, and a whole lot of fun, this book is an essential tool for any lasting mental fitness program.

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