

SMART FOR LIFE

How To Improve Your Brain Power At Any Age

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MAIN IDEA

The human brain is exactly like a muscle -- the more exercise it gets, the better it performs and the quicker and sharper it becomes. Therefore, improving your brain power simply requires that you take the time regularly to exercise so that you will enhance your mental capacity to visualize, recall, create, communicate and reason. And, analogous to a physical training program, a good supply of proper nutrients and enough rest must also be provided if your brain power is to increase significantly.

Interestingly, anyone, at any age, and from any background, can improve their quality of life by sharpening their mental abilities. The practical benefits of just such a mental improvement program include an enhanced ability to think quickly, the opportunity to inject more creativity into your life and high-quality recall of important facts and figures.

Being smart for life isn't just an esoteric dream -- it's a realistic goal within the grasp of every person willing to pay the price.

Introduction -- Can Mental Exercise Actually Improve Brainpower? Page 2

The brain responds to exercise in just the same way as any other part of the human anatomy. Therefore, a structured mental exercise program can be developed that will help you:

1. Improve your ability to solve problems.
2. Increase your fluency and communication skills.
3. Bring greater levels of logic to bear.
4. Remember more details.

In short, to be smarter and better at whatever you do, adopt a systematic mental exercise regime.

Part 1 -- Preparing For A Mental Workout Page 3

To make the most of a brain exercise program, focus on:

1. Providing the requisite nutrients.
2. Eliminating external stimulants -- alcohol and drugs.
3. Getting enough rest and preventing mental fatigue.

In essence, a mental sharpness program should address each of these areas of preparation if the potential benefits are to be fully realized.

Part 2 -- The Basic Building Blocks of Mental Exercise Page 5

To give your brain a well balanced exercise, you must include exercises focused on:

1. Spatial abilities
2. Communication abilities
3. Memory and recall abilities
4. Ability to think and reason logically.
5. Creative abilities.

Part 3 -- A Structured Mental Exercise Regime Page 7

Most people lead extremely busy lives. Fitting in time for a regular mental workout will be a challenge. In essence, there are several different approaches that can be applied:

1. Spare Time Workout

Fill the spare segments of time during your average day with mental workout exercises.

2. Working Partner Workout

Enlist the aid of a training partner for your mental exercises, and carry out mental training drills at a time that suits you both.

3. Set Aside Time For Complete Brain Workouts

If you want to take a more structured approach, you'll need to commit the time to a more formal brain workout.

There is no right or wrong approach -- all of the workout ideas have their advantages and their disadvantages. The key, as in most things, lies in finding a routine you're comfortable with and sticking with it.

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