



# Get Your Brain in the Fast Lane: Turbocharge Your Memory with More Than 100 Brain Building Exercises

*Michel Noir, M.D., Ph.D Bernard Croisile*

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**A power tune-up to get your brain revved and ready for high speed**

Misplacing car keys, spacing out during an important meeting, or drawing a blank on a name--these are signs of a brain in desperate need of a good workout. The authors of *Dental Floss for the Mind* have designed a whole new collection of challenging, fun, interactive activities to boost brain function.

*Get Your Brain in the Fast Lane* features over 100 inventive and engaging exercises designed to stimulate, develop, and improve five key cognitive areas of the brain: attention, memory, language skills, visual and spatial recognition, and reasoning. A customized scoring system enables you to assess your skills, identify problem areas, and set goals for improvement.



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