



Brainpower Game Plan: Sharpen Your Memory, Improve Your Concentration, and Age-Proof Your Mind in Just 4 Weeks

Cynthia R. Green

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Have you ever walked into a room and forgotten why? Or forgotten someone's name right after you heard it? Maybe you're just not thinking as clearly as you used to, and you're growing worried. Well, have no fear. This revolutionary program can help you **Improve your everyday memory up to 78%!**

Prevention, America's leading healthy lifestyle magazine, teamed up with one of the country's most notable memory experts, Cynthia R. Green, PhD, to create *Brainpower Game Plan*—the first brain fitness book to translate cutting-edge research into a comprehensive, doable, day-by-day program that promises real results.

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Linda Yohe:

As people who live in the modest era should be change about what going on or facts even knowledge to make these keep up with the era which can be always change and advance. Some of you maybe may update themselves by studying books. It is a good choice for you but the problems coming to an individual is you don't know what type you should start with. This Brainpower Game Plan: Sharpen Your Memory, Improve Your Concentration, and Age-Proof Your Mind in Just 4 Weeks is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and need in this era.

Livia Wilder:

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Bert Ferguson:

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Diane Lomas:

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