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Train Your Brain by Ryuta Kawashima Goodreads

After completing the 60 day program in this book, I can say that there are both advantages and disadvantages to it's way of approaching the idea of 'brain training'. On the one hand, since most of the book is concerned with daily mathematical equations, this is the predominant aspect you're meant to train.

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Train Your Brain 60 Days to a Better Brain Dr Ryuta

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TRAIN YOUR BRAIN Lawrence Biscontini

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