

Title:
Brain Exercises

Word Count:
598

Summary:
Some simple brain exercises you can use anywhere to tune up your brain.

Keywords:
brain exercises, brain, brainpower

Article Body:
Some brain exercises can be as simple as an intelligent conversation or reading something new.

Some Simple Brain Exercises

An entertaining brain exercise is to invent things in your mind. You can use many techniques f

Other brain exercises involve puzzle solving. These can range from crossword puzzles to diffic

Inventing jokes is one of the more difficult brain exercises, especially if you haven't done i

Brain Exercises For Specific Areas

You may want to work on a particular area of your brainpower. Some of us have trouble with vis

For better concentration, practice identifying "mind" irritations. Anything that's going on ju

Simple brain exercises to strengthen your memory can be the repetitive use of any memory techn

get a little wild to develop your creativity. See things and imagine something absurd, like fl

Recent research makes it clear that exercising your brain makes it work better. A more active

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