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## **Train Your Brain Ryuta Kawashima**

Dr. Ryuta Kawashima is a professor of neuroscience at Tohoku University in Sendai, Japan. He has spent the last fifteen years pursuing his dream of

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making brain health maintenance a public priority.

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## **Train Your Brain: 60 Days to a Better Brain by Ryuta ...**

Train Your Brain: 60 Days to a Better Brain is an English-language version of a Japanese book written by Ryuta Kawashima. The original book sold over a million copies in Japan. Dr. Kawashima found that by performing simple

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mathematical calculations and reading books aloud, one could retain mental clarity and stave off the mental effects of aging.

### **Train Your Brain - Wikipedia**

Ebook Train Your Brain: 60 Days to a Better Brain By Dr Ryuta Kawashima  
This book was a number one bestseller

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in Japan, selling more than 2 million copies! Designed for readers who want to keep their minds sharp and stave off the mental effects of aging, this book presents a complete 60 day program to build a better brain. The program consists of a daily

**Free P.P.T Train Your Brain: 60 Days**

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## **to a Better Brain By ...**

I'm Dr. Ryuta Kawashima, I study the science of a brain at a top Japanese university. Based on the game "Brain Age Concentration Training", We talk about training you brain to ignore distractions....

**Dr. Ryuta Kawashima - YouTube**

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Description : Like the body, the brain needs exercise. And Dr Ryuta Kawashima, world-renowned professor of neuroscience and the expert behind the bestselling computer game Dr Kawashima's Brain Training, will give you the tools to make your brain work better. Follow his advanced programme of carefully chosen, yet deceptively

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simple activities.

## **By Ryuta Kawashima Train Your Brain 60 Days To A Better ...**

In 2003, Kawashima authored Train Your Brain: 60 Days to a Better Brain, which was a great success in Japan. When released worldwide, it sold more than 2.5 million copies. A handheld stand-

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alone unit, Brain Trainer, was later developed, and became Brain Age: Train Your Brain in Minutes a Day! for the Nintendo

## **Ryuta Kawashima - Wikipedia**

Ryuta Kawashima, PhD, is a professor at Tohoku University, in Sendai, Japan, where he also trained in medicine. He is

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now one of the foremost experts on brain imaging in Japan and has spent the last fifteen years pursuing his dream of making brain health maintenance a public priority.

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## **Train Your Brain By Ryuta Kawashima Free**

"Train Your Brain" can turn back the clock...Like the body, the brain needs exercise. And Dr. Ryuta Kawashima, world-renowned professor of neuroscience at Tohoku University, has dedicated his life to researching exactly

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how we can make our brains work better.

**Train Your Brain: Amazon.co.uk:  
Kawashima: 9781846140044 ...**

Ryuta Kawashima was sceptical when his research associate came to him with the results from their study into whether the effects of aging on the brain could

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be reversed. The neuroscientist at Tohoku University was so surprised by the outcome that he thought his colleague was joking. The results, however, were real.

**Feature Highlights- Brain training turns back your ...**

Kawashima không tìm thấy bằng chứng

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trực tiếp nào gây ra tổn thương não vĩnh viễn. Năm 2003, Kawashima trở thành tác giả trò chơi Train Your Brain: 60 Days to a Better Brain, và trở thành một thành công lớn ở Nhật Bản.

**Ryuta Kawashima - Wikipedia tiếng Việt**

Part of the "Secrets of Healthy Aging"

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lectures. "How To Train Your Brain" by Professor Kawashima.

## **The Secrets of Healthy Ageing lectures - How to Train Your Brain**

Ryuta Kawashima, PhD, is a professor at Tohoku University, in Sendai, Japan, where he also trained in medicine. He is now one of the foremost experts on

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brain imaging in Japan and has spent the last fifteen years pursuing his dream of making brain health maintenance a public priority. Page 1 of 1 Start over Page 1 of 1

### **Train Your Brain: Amazon.co.uk: Kawashima, Ryuta ...**

Doctor Ryuta Kawashima, professor of

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neuroscience at Tohoku University, offers something that most people in the world believe they need - a better memory. His book Train Your Brain - 60 Days to a Better Brain, published initially in Japan in 2003 and then in an English version in 2005, is now available in a new Penguin format.



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