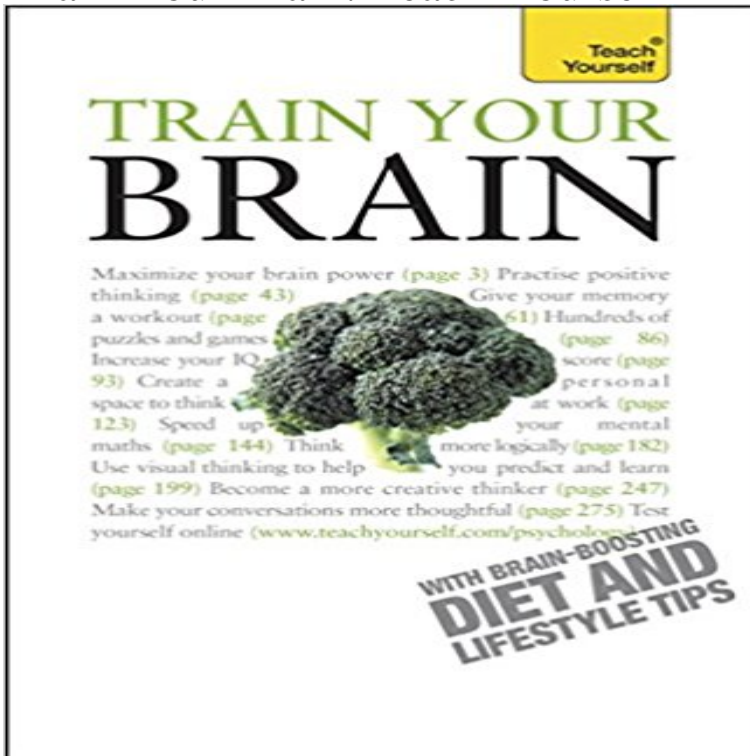


# Train Your Brain: Teach Yourself



Train your brain to be quicker, fitter and brighter than its ever been! This book gives you everything you need to get a mental edge, featuring hundreds of puzzles, quizzes and problem-solving games. It also gives you some great advice on how to maximise your mental agility through diet, exercise and the right lifestyle choices, as well as showing you how to put your new, more powerful brain to the test at work, home and play. NOT GOT MUCH TIME? One, five and ten-minute introductions to key principles to get you started. AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success, based on the authors many years of experience. TEST YOURSELF Tests in the book and online to keep track of your progress. EXTEND YOUR KNOWLEDGE Extra online articles at [www.teachyourself.com](http://www.teachyourself.com) to give you a richer understanding of how to train your brain. FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts. TRY THIS Innovative exercises illustrate what you've learnt and how to use it.

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