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Brain Fitness: A Proven Program to Improve Your Memory, Logic, Attention Span, Organizational Ability, and More

Monique Le Poncin

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Monique Le Poncin : Brain Fitness: A Proven Program to Improve Your Memory, Logic, Attention Span, Organizational Ability, and More before purchasing it in order to gage whether or not it would be worth my time, and all praised Brain Fitness: A Proven Program to Improve Your Memory, Logic, Attention Span, Organizational Ability, and More:

1 of 7 people found the following review helpful. A neuron to pickBy SteveLeponcin's book needs work. I picked this book up hoping to invigorate my mind but found it lacking. I like the exercises, but her system has holes. For example, she gives the reader a set of exercises to complete inside a time limit. Then the reader scores himself based on quickness and accuracy. Leponcin provides a table of times to measure performance: All correct answers in under thirty seconds 3 points Two correct answers in under one minute 2 points One correct answer in under one minute 1 point What if I score one correct answer in forty-five seconds? I guess that garners a zero. Thus, the smartest thing I did was to throw this book out.

Paperback Edition

From Library Journal With age, many of us experience lapses of memory, concentration, and reasoning power. This

nonpathological cerebral dysfunction can be prevented or corrected, according to Le Poncin, the founder of a French institute on cerebral aging. While they admit that the program outlined in this book is based on scientific hypotheses, the authors cite experiments which suggest that certain kinds of degeneration can be overcome. A brief explanation of brain mechanisms is followed by a month's worth of practice exercises. Emphasizing speed and diversification, these exercises purport to develop perceptive, logical, verbal, structural, and visual/spatial abilities. After much initial failure and frustration, this reviewer's "efficiency rating" dramatically increased, though whether from simple improvement as a test-taker or actual improvement in mental fitness is unclear. A best seller in Europe, according to the publisher, this self-help book will undoubtedly find an audience among general readers eager to "improve" their minds.- Laurie Bartolini, Lincoln Lib., Springfield, Ill. Copyright 1990 Reed Business Information, Inc. Language Notes Text: English (translation) Original Language: French