



# Build Your Brain Power

*Arthur Winter, Ruth Winter*

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## **Build Your Brain Power** Arthur Winter, Ruth Winter

Until recently it was believed that as the years pass, our brains inevitably decline in function, but as Dr. Arthur Winter and Ruth Winter prove in this book, people who continue to actively use their brain power can actually improve their intelligence throughout their lives. Adapting techniques used in exercising damaged brains, the authors show us how to improve a variety of brain functions, from aiding memory and increasing ability to learn, to protecting the brain from stress and attendant depression. Your brain can grow "flabby" just like a potbelly! *Build Your Brain Power* gives you simple, interesting, and fun exercises that train you to get your brain into tip-top shape.

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