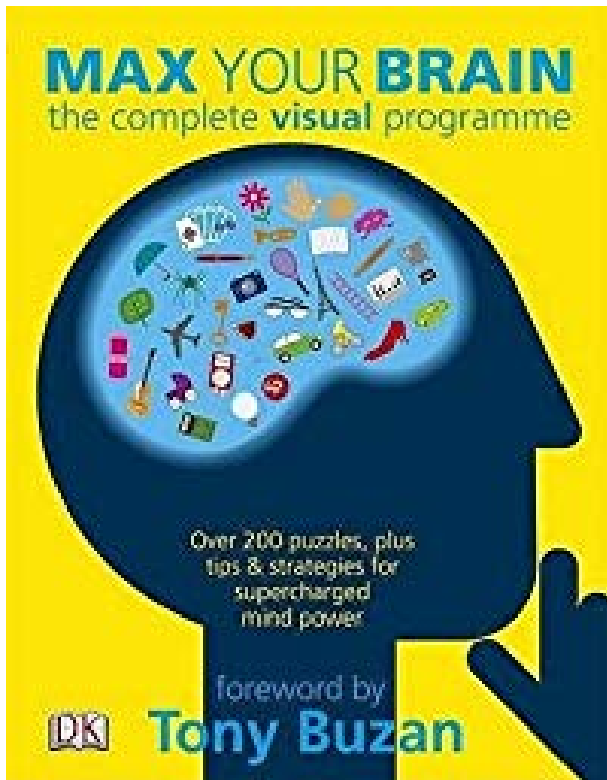


# Max Your Brain: The Complete Visual Programme



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Get your head in tip-top condition with the ultimate brain training workout. Boost your brain power and reap the rewards at work and in life with this fun guide to fulfilling your mind's potential - packed with tips, puzzles, exercises and other strategies for a supercharged mind. Find simple but ingenious brain-training exercises which will tune intelligence, improve memory, develop problem-solving skills and strengthen your mental performance. With in-depth features on the most effective brain-enhancing techniques that you can apply in your daily life, this title is full of facts and tips on brain food, meditation and more. Discover how to sharpen your wits and give yourself the intellectual edge. This title includes a foreword from Tony Buzan.