



Learning: Mental fitness training & learning techniques to enhance your mental toughness (Learning fast, Mental Fitness, mental training, learning skills, learning techniques, learning styles Book 1)

Stephen Cabo

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Learning: Mental Fitness Training & Learning Techniques To Enhance Your Mental Toughness

You cannot change what you do not understand.

The human brain is the most wonderful creation in the world.
Unfortunately, like every other body part, the brain undergoes the process of aging.

Aging can have terrible effects as organs begin to function less efficiently.

Time marches on, but this book seeks to help you minimize the impact that aging has on learning and the functioning of your brain.

Without learning how the brain functions, and how that is related to your overall physical well-being, you will not be able to train your brain to retain its sharpness. **This book focuses on brain training to beat the process of aging and to keep it functioning optimally.**

Here's what you can expect to learn as you read Learning:

- How a healthy brain functions
- What is meant by brain power
- How our mental state relates to our physical well-being
- How the brain ages and the effects of aging and physical changes on mental functioning and learning
- How to maintain a sharp brain and a fit body simultaneously.

With simple and easy to follow techniques this book will guide you through:

- Brain learning techniques to improve mental toughness
- Developing mental discipline
- Establishing lifestyle habits to retain the functionality of the brain as you age
- Techniques of training to enhance your mental stamina
- Exercises to keep the brain sharp and agile under all conditions

- Methods for training your brain to handle tough situations effectively.

These powerful learning techniques are meant for everyone to instill in their daily lives. See the results for yourself within a very short time span after reading and implementing the methods suggested in these pages.

The uniqueness of this book is that all the learning methods suggested are easily achievable by almost anyone through its easy to follow guidelines.

See what others readers are saying

This book was extremely interesting as the author explained in great detail our mental health. The history of the study of our brain, how it functions and how and when certain testing devices were developed (i.e. CT scan, PET, and MRI) the author knowledgeably spoke of how important it is to keep our brains healthy as we age in order to maintain proper mental health.....The author goes on to give tips about how to continue to exercise your brain throughout your life time such as puzzles, reading and other activities that involve a level of concentration. This could reduce your risk of Alzheimer's and dementia later on, even those memory loss in your older years is a fact of life. I really found this book truly helpful and interesting.

Sara L

This book was a great introduction into how the brain works and strategies that you can use to stay sharp. Overtime I noticed I've had problems recalling things but some of the strategies I learned from this book will most definitely help me strengthen my memory, focus, and sharpness overall.Overall this was a great read and I learned a ton of things to do that will help me and my family in the long run. I'm excited to get started with some of these excessive.

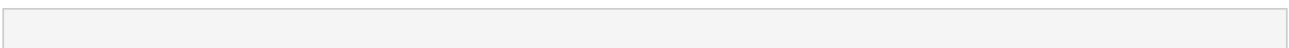
Amanda Rose

Download your copy today! This is one of those books you should plan to read several times before moving on to any others on the subject. Its simplicity is part of its value.

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Curt Roepke:

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Stephen Phelps:

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Becky Duncan:

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