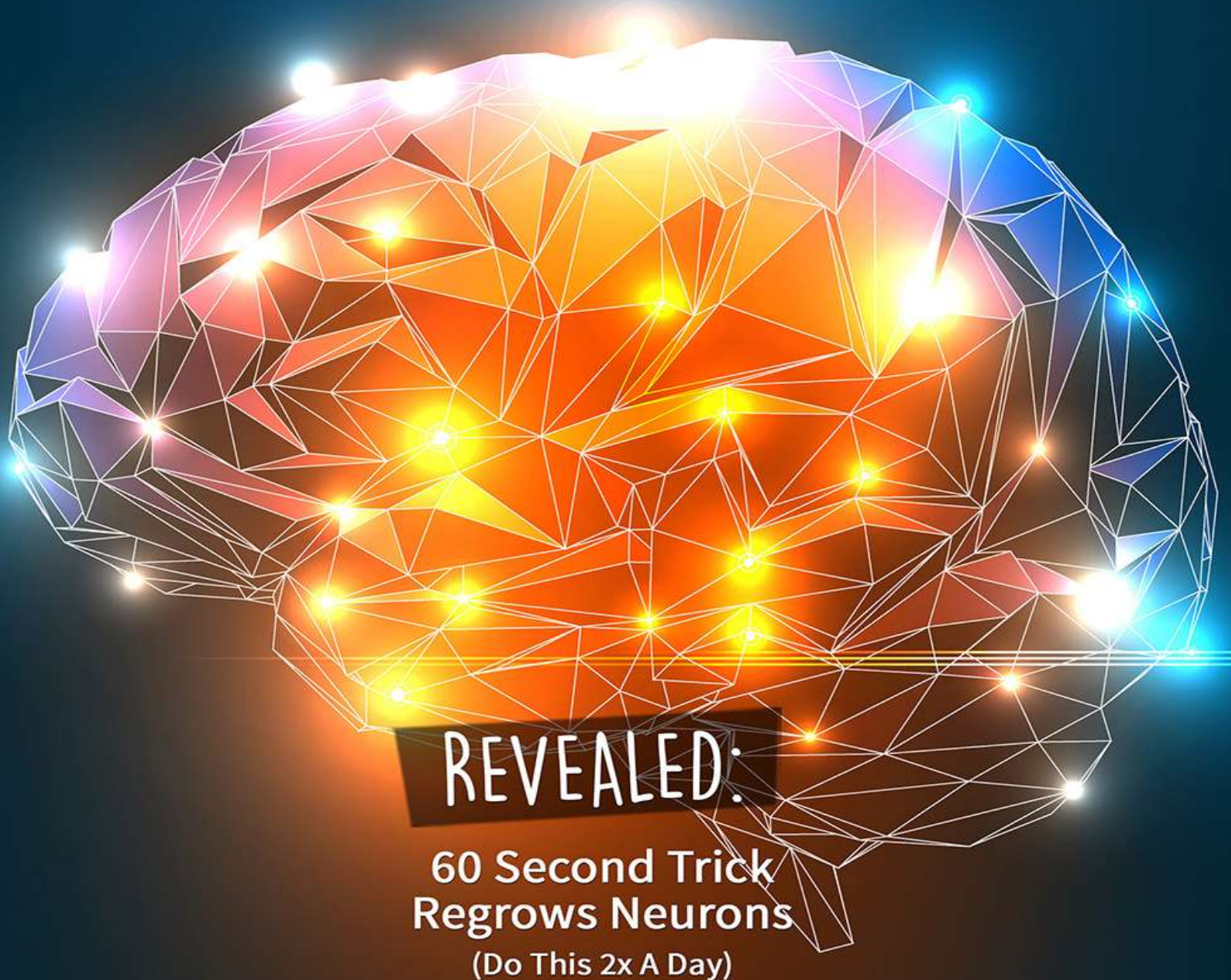


# *The Great Brain Secret*



**REVEALED:**

**60 Second Trick  
Regrows Neurons**  
(Do This 2x A Day)

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# Introduction

## Your Brain and Its Potential

Have you ever wondered about the untapped potential of your brain? The average person only uses about 3% of the power potential of this miraculous, three-pound (approximate weight) organ. This percentage represents the messages that our conscious mind receives and understands. The other 98% of our brainpower is tucked away in our subconscious mind. Each one of us has the potential to tap into this hidden power, and use it to enrich our lives and our livelihood.

## Older and Wiser, Too

At one time, people took their brains for granted. They were a receptacle for our thoughts and ideas, a storage house for our memories and a problem solving gizmo we were born with. Folks acknowledged that some people seemed to have been blessed with more intelligence than others were graced with. Most people felt that it was natural to lose a portion of their brainpower as the years passed. This gradual decline would often go even further in a percentage of people, leaving them with mental deterioration.

However, in today's world, people have started to live much longer than their ancestors did. They are searching for methods that will allow them to enjoy their longevity with a sharp mind and a keen sense of adventure. It is possible for someone to enjoy his or her 'Golden Years' without a worsening memory and the confusion that many seniors suffer from. All it takes is a little effort to preserve and enhance the brain power that you already have. Most people who have tried the methods we will discuss think that it is time well spent. They are thrilled to experience the many changes in their lives that effortlessly appear when they take steps to improve their brain power.

The scientific community has discovered that our brains are more easily influenced than what was once considered as common knowledge in that group. This book was written to help you to take advantage of this finding, and to make the most of your brain's hidden potential. You do not have to possess super intelligence or keep your nose stuck in a book all the time to improve your working memory or your IQ. Are you intrigued by the possibilities? Read on, and you will be both fascinated and motivated to harness some of this brain power for yourself!

# Improving the Way You Think

## Creative Thinking

How often do you think outside of the box, beyond the normal scope of things? You may bemoan the fact that you just do not seem to be quite as creative a thinker as someone else you know who seems to constantly come up with some of the most amazing ideas!

First of all, in order to *be* a creative thinker, you must stop thinking that you are *not*. Your thought processes must be allowed to flow freely, without a small inner voice telling you that you do not have a creative imagination.

It has been said by many that creative thinking is like a muscle. If it does not get a good workout every so often, it will wither and become useless, much like a muscle that has atrophied.

How can you spearhead your own creative thinking campaign? Everyone in the world thinks, every single day. However, not everyone thinks in a creative way. Your goal is to come up with different ideas and thoughts that most people would not think of. Many of the products that we use today came from creative ideas that were once thought to be rather fanciful. A creative idea is a concept that not everyone will come up with, though. When the idea hits the mainstream market, you will hear folks exclaim, "Now, why didn't I think of that?"

Allow yourself to think in a creative way. Take deep, cleansing breaths, and focus on your breathing in order to clear your mind and ready it for the reception of creativity. Use your mind power to visualize different objects and scenes, down to the smallest detail.

Ask yourself a lot of "What if?" questions, and visualize the results, complete with dialogue, if applicable. Jot down any ideas you come up with at random, and mull them over when you have the chance. Read everything that you can get your hands on, since you never know what might spark a real winner of an idea. One of those ideas may well change your life – or the world!

## Deep Thinking

Anyone who is familiar with the life and work of Albert Einstein could tell you that this esteemed physicist had a deep thinking technique that worked extremely well for him. Einstein called this technique 'thought experiments', and though it was not his own method, it worked extremely well for him.

Thought experiments were easy to accomplish and to understand, and they can work for you as well as they did for Einstein. Basically, you sit comfortably with a relaxed mind and start to visualize yourself in a certain scene. Most people choose a subject for their scene that ties in with whatever task they may be trying to accomplish on that particular day.

Once you have reached this point in the deep thinking technique, you will allow the creative power that naturally dwells deep within your unconscious mind to take over. You are creating what some would call a movie of the mind, and you will be watching what your unconscious produces.

In fact, you will be so deep within your subconscious mind that it is likely you will fall into a deep sleep. Einstein managed this interruption by clasping a rock in each hand, so that when he fell asleep, they would fall on the floor. The resulting noise would be enough to wake him from his slumber, and he would immediately be able to go back to his thought experiment.

A deep thinker is in the habit of asking questions of himself and of others that are quite deep and profound. Unlike shallow questioning, these queries can be a question within a question. You will find that you are asking 'Why?' a lot. Each time you ask, the question will lead you further into the subject, and often will branch out into a new one. This is the nucleus of deep thinking.

Take the time to think about the words that you use, both in conversation with others and in the running discourse with yourself that you carry on in your mind. Try not to take the definitions of these words too literally, for if you do, you will limit your thinking. Ask yourself *why* certain words have the meaning that that they do.

## Dealing with Distractions

A typical day is full of distractions for most of us. Distractions can be external, such as someone speaking in a loud voice, an ever-ringing telephone, or anything that can be

detected by the five senses. Distractions can also be internal, such as daydreams and persistent thoughts that will not go away. When your attention continues to be diverted in any way, shape, fashion or form, you are naturally unable to concentrate on the task at hand.

Research has proven that both mental and physical distractions can affect short- term memory. It goes without saying that if you are forgetting things that just happened, they are not hanging around in your brain long enough to be transferred to your long term memory! Focus is necessary in order to remember, and it is difficult to focus when you are distracted.

You may be in a situation where it is impossible for you to banish the source of the distraction, so in order to continue what you were doing before the distraction started, you must learn to focus your attention on that task in such a way as to *not* be distracted. Our concentration improves tremendously when we focus on just one thing at a time.

Multi-tasking is very common in today's world, but it can also be very distracting when there is a need to totally concentrate on just one thing. Scientific studies have proven that as the brain begins to fill up with information, our concentration suffers, and it may not be possible to summon up enough free memory to have the ability to ignore distractions.

This is especially true when it comes to visual memory, so it is a good idea not to attempt any sort of mental task when there is a chance of visual distraction. For example, driving a car can bombard you with all sorts of visual distractions. Other automobiles and people, trees, flowers, houses and other buildings, and signs and billboards on the side of the road can compete with your thoughts for your complete attention. Driving a car demands your complete attention without roadside distractions or a multi-tasking brain! Be safe, and do not venture into deep thought while driving.

## **How Stress Affects Your Brainpower**

While no one can avoid having some stress in his or her life, ideally, you should attempt to avoid chronic stress. A person who suffers from chronic stress will produce more than the normal amount of stress hormones in their body. These excess hormones will affect the brain as well as the memory.

The worst hormone offender is cortisol, which can actually stop the brain from processing and storing a new memory. Cortisol can also keep the brain from retrieving

memories that have already been stored. The neurotransmitters in the brain are what the brain cells use to convey information to each other. This is why you temporarily cannot remember much of anything when you are caught up in a stressful situation. You are confused simply because of a hormone overload! It is easy to see how chronic stress can affect your brainpower.

Recently, researchers discovered that whenever people are involved in stressful situations and are unable to manipulate the outcome, an enzyme becomes active in the brain. This enzyme is called PKC, which stands for Protein Kinase C. PKC has the ability to diminish the short term memory.

PKC also can affect the prefrontal cortex area of the brain. This area is used for decision making, and is called the executive function area of the brain because it controls so many important behaviors. The PKC enzyme also affects those who suffer from bipolar disease and schizophrenia. Studies have shown that stress can often bring on the first episode of either one of these illnesses.

Stress can cause long term damage to the developing brain of a child. One study targeted children who lived in poverty. These children were given tests that measured their level of stress. This was done twice, at the ages of 9 and 13. The object of these tests was to determine the amount of stress hormone that was present in each child's system, and what their individual blood pressure readings were.

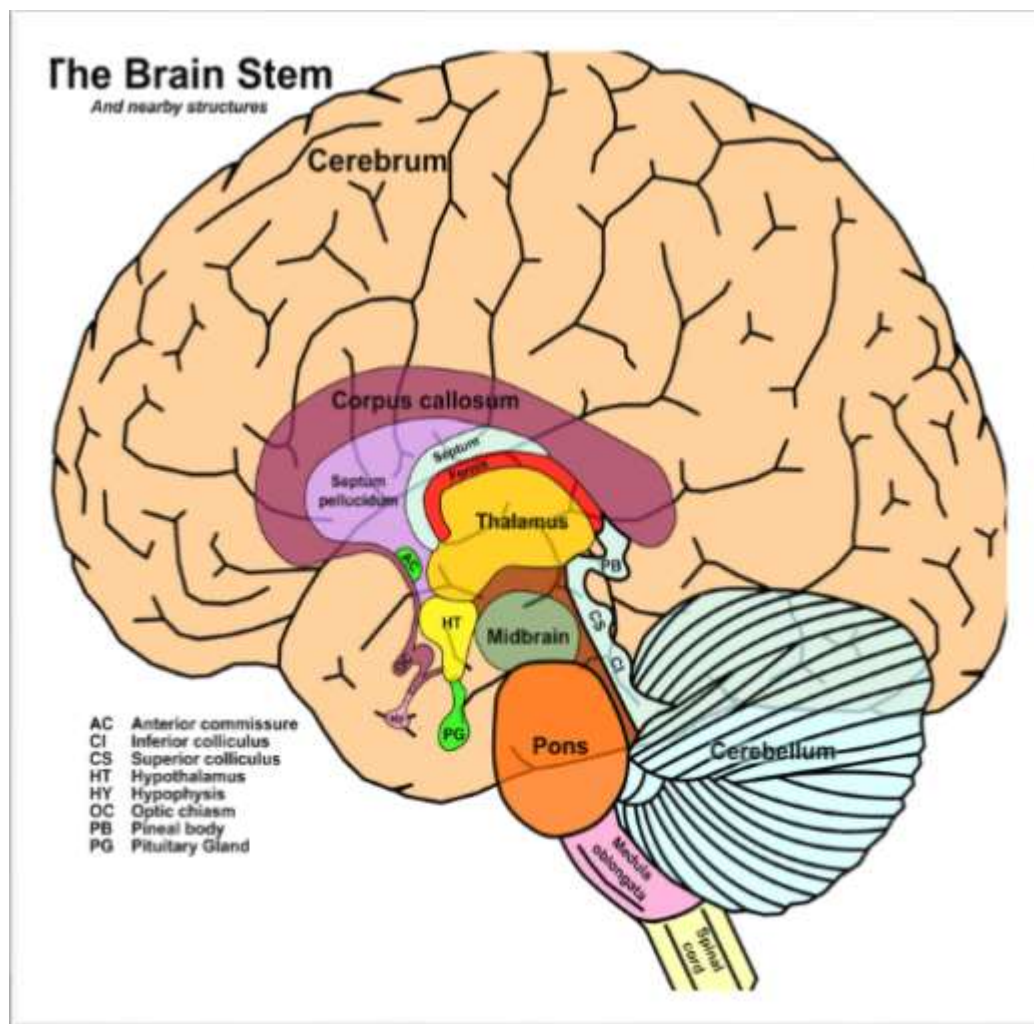
All of this information was carefully noted and filed away until these children reached the age of 17. At this point, they were all given another test. This test was to measure their working memory. The results were rather shocking. Their degree of working memory depended on how long they had been poor. Long-term poverty resulted in a damaged working memory, and stress was determined to be the main reason for this memory loss.

Stress can even affect those who have yet to be born. Another study took pregnant monkeys and subjected them to the stress of a loud noise for 10 minutes each day. The infant monkeys were tested, and found to have fewer neurons than infant monkeys who had not been under stress. A shortage of neurons, or brain cells, can thus be associated with stress.

# How the brain works

## Layout of the Brain.

The anatomy of our brain includes the cerebrum, brain stem and cerebellum.<sup>1</sup> The cerebrum is divided into two equal parts known as the right and left hemispheres. These two hemispheres are interlinked by white matter, which are myelinated neurons that act as collection centers of information from distant parts of the body. Internally, these two hemispheres are made up of grey matter, which are unmyelinated neurons that are involved in nerve connection and processing. Important masses of grey matter include the basal ganglia, thalamus and hypothalamus. The brain stem is composed of three main parts – *mid brain*, *pons veroli* and the *medulla oblongata*. The cerebellum is situated behind the Pons veroli and is immediately below the posterior portion of the cerebrum.



The brain helps us to understand our internal and external environments and also to modify our activity to deal with changeable situations. Among animal brains, the human brain is the most amazing creation in nature and its function is unique. The brain controls physical and mental processes. It constitutes only about 1/50<sup>th</sup> of the total body weight and looks like a cauliflower. However, its activity includes speaking power, the imagination process and body movement. This treasured organ is protected inside the skull and a continuous supply of blood and energy is required for the proper functioning of the brain<sup>2</sup>.

The cerebrum contributes to the following functions of our body including:

Sensory function which includes perception of pain, temperature, touch, and the special senses of sight, hearing, taste, and smell impulses from sensory organ. They are carried to the cerebrum where interpretation of senses takes place and a response is given accordingly.

Motor function which is associated with initiation and control of voluntary muscle contraction.

Association which involves all mental activities like memory, intelligence, sense of responsibility, reasoning, moral sense and learning are attributed to the higher centers.

All the vital centers like the cardio vascular center, respiratory system, reflex center for vomiting, coughing, sneezing, swallowing are present in the brain stem which even controls our heart activity, blood pressure, breathing mechanism and protects the body from uneven situations. The cerebellum performs some important functions like maintaining muscle tone, control and coordinates the movement of muscles ensuring smooth, even and precise actions, coordination activities associated with the maintenance of balance and equilibrium of the body. The hypothalamus regulates and controls the release of some important hormones, managing body temperature and important centers for pain perception.

The human brain is divided into right and left segments. The left part controls the body's right side movement while the right part's action is vice versa. Scientific research has yet to discover how these right and left parts manage the opposite side action. The *Hippocampus* is divided into two halves which lie in the left and right sides of the brain. The hippocampus is important for the formation of long-term memories and deal with spatial adjustment. The amygdala is attached to the hippocampus and helps to store the memories. It is also involved in emotional expressions, especially fear, anger and pleasure.

Cerebrospinal fluid (CSF) is formed and secreted within the cavities which are also known as the ventricles of the brain. The brain contains four ventricles. CSF is a clear, liquid, slightly alkaline fluid and consists of water, amino acids, glucose, mineral salts and urea and creatinine in small amounts. It supports and protects the delicate structures of the brain and spinal cord. It maintains uniform pressure around these delicate structures. It acts as a cushion and shock absorber for the brain and spinal cord. It keeps the brain and spinal cord moist since there may be an interchange of substances between the fluid and nerve cells.



The brain is a part of the central nervous system. Almost 100 billion interconnected neurons are associated with brain functioning<sup>1</sup>. These neurons are interconnected with each other by the junction known as a '*synapse*'. Almost 100 trillion synapses are present to connect these numerous neurons. The neurons, with the help of neurotransmitters, convey electronic impulses and chemical messages all over the brain and between the brain and the other associated parts of the nervous system of the body. When an impulse is generated in the neurons, they become activated and release neurotransmitters<sup>3</sup>. Both excessive and suppressive release of these neurotransmitters causes different types of brain diseases. They range from anxiety to depression syndrome. Different important neurotransmitters and related brain disorders are discussed in the table below.

Neurotransmitters	Associated Brain Disorders
<i>Acetylcholine</i> is a very extensively disperse stimulatory neurotransmitter that causes muscle contraction and enhances the secretion of certain hormones. In the central nervous system, it is involved in alertness, short term memory and learning capacity <sup>4</sup>	Lack of acetylcholine in certain regions of the brain causes Alzheimer's disease.
<i>Dopamine</i> is important for controlling motor functions; it also affects behavioral changes and mood modulation effects <sup>4</sup> .	Deficiency of dopamine causes Parkinsonism whereas excessive dopamine activity is implicated in schizophrenia.
<i>Glutamate</i> is a primary excitatory neurotransmitter that has a great role in early brain development and is also associated with learning and memory.	Autism, obsessive compulsive disorder (OCD), schizophrenia, and depression are the different mental disorders associated with glutamate <sup>3</sup> . Memory loss in Alzheimer's diseases may associated with glutamate <sup>4</sup> .
<i>Norepinephrine</i> has significant action in mental states like concentration building, emotions, sleeping, dreaming, and learning.	The associated mental disorder is manic depression.
<i>Serotonin</i> regulates body temperature, sleep, mood, appetite and pain	An imbalance of serotonin causes depression, suicidal tendencies, impulsive and offensive behavior.

## Training the Brain

### Scientific Reasoning in Brain Games

Scientifically speaking, the functions of the left-brain and the right brain have been studied for several decades. The functions of the left-brain are supposed to be analytical and rational. The left-brain is solely responsible for objective type of thinking

and schooling curriculum favors left-brain activity. The right brain is supposed to be intuitive and holistic. It looks at everything wholly and subjectively. The sense of aesthetics and creativity are the functions of right brain. Artists tend to use the right side of the brain according to the study.

What is the use of having two brain hemispheres? What happens if we use both of them at the same time? Yes, we can be a genius. The great minds of the world are known to use both sides of the brain. How do you achieve it? We can do it consciously by putting both sides of the brain to work by subjective and objective methods. Yes, Brain Games are the best way to success. The concentration you develop when you are using a mind game is in-measureable. Overactive children can be subdued by allowing them to play a game or two, which involves mind activity. The physical activity alone is not sufficient for the growth of a child. It may over activate them. The balanced growth of a child can be achieved by involving them in mind games and other mental activities.

Are you of the opinion that studies are mind oriented only? Yes, it true. Some schools adopt the system, which demands the cramming of the details from a textbook as a measure of success in the examination. What they do not know is that the logical mind will soon forget the crammed portions. This top class mental ability is achieved by right brain activity only. This ability to look at everything as a whole is the function of the right brain. If that happens, the brain does not forget things easily. The activation of the right brain can be easily targeted by mind games.

There are plenty of books on Brain Games in the market and bookshops. The particular game is not that important. The generic term of puzzle is the topic of consideration here. The focus of any puzzle is to make the person think about the possible outcomes in a detailed way and to arrive at a logical conclusion from the possible answers. There can be only one correct answer for a mind puzzle. Therefore, the answer is a yes or no. To put it more specifically, the outcome is either white or black. You do not have any hazy or gray areas. There is either light or darkness.

If you toss a coin, the answer is either heads or tails. You do not consider the remote chance of a coin falling on the edge. That is a rarity which you can exclude. Therefore, the mind will look forward to something either positive or negative. This kind of a conditioning is good practice for the mind. The mind games are designed to help the mind to sharpen its capabilities.

Thomas Alva Edison is the inventor and the discoverer of several scientific advancements. He proved himself by his mind capabilities. The sharp mind is a real gift.

If a child wants to play a mind game or solve a mind puzzle, encourage it. Tomorrow that child may become another Thomas Alva Edison, scientist of Brain Games.

## **The Science behind Brain Games**

Thomas Alva Edison is the inventor and the discoverer of a number of exact progresses in Brain Games. He has provided evidence himself by his mind prospects. Thomas discovered that the intelligent mind is an authentic indubitable gift.

The brain functions on two sides, i.e. the right side and the left side. On each side of the brain, you have parent, child, rebellious, creative, and other sides. The brain allows you to analyze, rationalize etc.. Your brain has many abilities, while the left side is solely responsible for thinking creatively. You can handle tasks by using this side alone. However, when you use both sides of the brain, you have additional advantages.

The right brain allows you to use intuition to make good decisions and relate to the whole picture. The right brain involves all of your abilities, specifically your physical, social conditions, mental etc. Your right brain subjectively evaluates all aspects of problems. The senses allow you to study beauty and use your creativity to discover new ideas.

Artistic minds often use both sides of the brain to creatively write, draw, or create something of interest. We all have two hemispheres within the brain, which gives us the ability to use both sides simultaneously.

Using both sides of the brain gives you many advantages. This is the point of Brain Games, since the various puzzles, games, riddles; trivia, etc. encourage the use of both sides of your brain.

## **How to use both sides of the brain with Brain Games:**

To put both sides of your brain to work, you have to concentrate. You have to use your objective and subjective states to analyze each detail when solving problems. Brain Games give you the chance to explore both sides, since the puzzles will put your mind in motion to solve problems.

When you concentrate, it helps you to develop new skills. You can use mind games, or puzzles to take your brain to new levels. Brain Games work to subdue hyperactivity, by permitting you to play games, which forces mind activities. Children and adults can

both benefit from Brain Games. Brain Games give you balance, especially if you exercise the body and mind often. You can help children reach balance in the developmental stage by involving your children in Brain Games, such as riddles, trivia, etc.

Unfortunately, many schools encourage cramming. The schools will give children textbooks and expect them to succeed on exams, although the subjects are narrow. The problem is that children are not learning the value of using the logical mind. This is why many children forget what they learn. Children at most schools are expected to stay within a mental class function to achieve, using only the right brain.

Children fall short, since they do not explore the functions of both sides of the brain. When children explore and use both sides of the brain, it enhances the ability to retain information. Mind games or puzzles are the way to encourage the use of both sides of the brain.

Online you can find many books, web sites, products, etc. that can help your child or you learn to use both sides of the brain. You do not have to worry about which puzzles work best, since most puzzles do the same thing, i.e. encourage the use of both sides of the brain.

Thomas Alva Edison is the engineer of a number of scientific inventions. Thomas has demonstrated himself by his mind inventive abilities. The well-defined mind is a real advantage. If a little darling\* craves playing a mind game or solving a mind puzzle, plug it. That innocent child may become another Thomas Edison.

## Why It's Important to Train Our Brains

Although we believe we train our brains and give them a good workout, we seldom actually do it on a regular basis. In most cases, our brains are not used in a balanced way. We're creatures of habit. We find a way to do things that we consider comfortable and we seldom change our ways.

Many of the physical activities that we perform each day are done with one side of our body, without even giving it much thought. If we're not giving something much thought, we're not exercising or training our brains.

We also get very set in the way that we feel emotionally about things or people, which does not give our brains much stimulation or cause for thought. These are not things we consciously set out to do in our lives but rather habits that have developed because

of the way that our brains function. It is primarily because of genetics. For instance, it is not our choice to be right handed. It just happens that way and we seldom give it much thought.

We are also the result of biological factors that affect our moods and social habits. Our brains and brain functions are also the result of our culture and upbringing. Although many of us argue the old nature versus nurture theory, studies indicate that training our brains to be more active can play an important role in how we act, feel and how successful we are in life.

It makes sense that someone that works at solving word or mathematical problems every day is going to have more brain activity than someone that sleeps half the day and watches cartoons the other half of the day. The more we work our brains, the better our brains are going to work for us.

While there's a strong belief that brain training is beneficial for individuals that may suffer from poor memory or lack of concentration, brain training is actually recommended for anyone with a brain. Our brains need steady stimulation to become motivated to work for us in the way we need it to work.

Brain training has been used for patients with learning disabilities, insomnia, cognitive impairment, traumatic brain injury, attention deficit and more. It has been known to help people improve their focus and concentration.

Brain training therapists feel that brain training exercises are highly beneficial in keeping our brains young and healthy. Many brain training games are now on the market. While the games may not be scientifically proven or endorsed, the users feel they have made a real difference in their lives.

## **How Our Brain Works**

Our brain consists of four major parts: the frontal lobe, temporal lobe, occipital lobe and parietal lobe. A large part of the frontal lobe controls our memory, creativity, self-control and communication. It also is responsible for how we store knowledge in our brain. Studies have proven that doing simple calculations in our head or reading aloud is very effective for brain training. It is most effective when done in the morning when our brain activity is the highest.

## How Brain Age Helps to Train the Brain

Mental stimulation is a great way to train your brain and to give it a good workout. Brain Age has many simple activities that will give your brain the much needed stimulation and they only take a few minutes to complete. They may involve drawing pictures, doing math problems, unscrambling letters, etc. You can perform these exercises on Brain Age 1 or Brain Age 2 as long as you have the Nintendo DS game system, which many families have today.

The interesting thing about Brain Age is that it will test your brain and give you a score that tells you your DS brain age. It lets you know how well you're doing at all times. The purpose is to lower your brain age, which happens the more you play the game. It is exciting and a lot of fun for the entire family. If you have friends that also have a Nintendo DS, you can all compete on the speed games. Brain Age is not only a fun game but also a great way to keep your brain motivated and active. It will train your brain to always be at its best.

## How Effective is Brain Training

Is your memory as good as it was twenty years ago? If I had to guess, I'd probably say no. Are you as good at math calculations as you were when you were in school? Again, I'd probably guess no. A decrease in memory can be a result of many factors including, stress, preparation, age, illness or just a busy lifestyle. Is there any way we can change this and get back the skills and memory we had when we were young? Probably not, but many believe that we can improve on them to a noticeable degree with the use of brain training.

Brain training is exactly what the name implies. It is a method of training the brain to make its functions sharper and our memory better. We train it through repetition and challenges. When we were back in school learning math, we wouldn't be training our brains very much if we continued to do nothing more than "two plus two is four" day after day. It would be a challenge the first couple of times, but once it was mastered, it would be repetitive and no longer a challenge to our brain. This is why brain training must be new and challenging to be effective.

How effective is brain training software and games? Are they something we need or does brain training happen automatically any time we provide our brains with new challenges? This is a debate that has been going on for several years. While the

industries that are selling the brain training software and games claim they'll help to ward off the symptoms of Alzheimer's, dementia or just poor memory due to the aging process many scientists claim this to be propaganda and that is an industry that is just trying to make a buck off their products.

After all, if you were told your memory would stay as it was when you were young by using a certain product, chances are good that you'd rush out and buy that product. The results of many studies by the critics have them believing that our brains would receive training any time we gave it a challenge, so why do we need brain training software and games?

Their theories were based on the results of tests done on children. Some of the children used brain training games while others were given books to read and puzzles to complete. At the end of the seven week study, the children using the brain training software did not show any better memory than those doing the puzzles and reading. Their findings were that any time we do something over and over, we get better at it. This includes reading a new book, doing a puzzle or learning a new skill. Therefore, their belief was that we can provide our own brain training.

## **How to use Brain Games to increase your IQ**

Brain Games are good for people of all ages from young children to the elderly. Use Brain Games to increase your knowledge and bring up your IQ. Your vocabulary and spelling skills will improve, they will help to rebuild the memory process, and they relieve a lot of stress that can cause you to have health problems. Brain Games will help you to rebuild your thinking skills and help you to make better decisions to find the answers to them.

If you think about Brain Games, they work like solving your own personal problems. You practice on using your current skills and knowledge to solve personal problems. Working a Brain Games works the same way. Practice using your current skills and knowledge to solve these the same way. Practice makes perfect when done on a regular basis.

Brain Games come in many different forms like books, toys and games to enhance your brain. People and children of all ages are doing Brain Games to learn as well as to relieve stress.



Brain Games are everywhere these days. Like anything else, if it is good for someone, everyone is going to try to find ways to promote and enhance their lives. Find Brain Games in your free local flyers. The newspapers also print new ones daily to give you a variety of puzzle to solve.

Books are being published by the edition or on a monthly basis to keep our lives fun and motivated at the same time. These can be found anywhere that books and magazines are sold. They also come in different sizes from pocket size to the larger print size. The pocket size can be carried in your pocket or purse to do while waiting to see your doctor or just to fill in a gap of free time.

Toys are also great and come in different varieties and sizes. Finding a toy for your pocket or purse is as easy as finding a book to carry with you. Place one on the desk to relieve stress while on the phone or to occupy someone in the office while waiting for you to do your paperwork. Children also like these desk toys and it keeps them quiet so that business can be conducted.

Games come in Brain Games and can be fun as well. The market offers many different sizes from pocket size to table size to use for family fun time together. Give the family a night together while learning fun things with a board game for the mind.

Be creative and make your own Brain Games. It is not hard and they make nice learning projects on a cold wintry day. The children in the home like to do these puzzles and they don't realize they are learning at the same time, only in a fun way. Be careful because these games are addictive and you might be using them a lot.

Teachers use Brain Games they have made up for the students to have fun with. They can include a subject they already have studied or are learning. This keeps their memory working on past things and will teach them new things as well. Making learning fun is the key to using Brain Games in class as well as at home.

Practice keeping our brains and memory in good shape with Brain Games. You'll enjoy doing them. The more you solve, the more that you'll want to do. You will want to advance into harder and harder ones to see if you can solve them. Give yourself a challenge and do one mind puzzle today.

## Brain Games in Keeping the Brain Healthy

As we age, our brains seem to slow down and go into hibernation. The brain needs to keep moving just like the rest of our bodies do. We need to exercise our brain by making it use what it has already learned. Learning new things will boost our brains to stay active and motivated as well.

Brainteaser puzzles will make the brain think and help give you the ability to solve problems easier and more efficiently. In everyday life, we have to solve some kind of problem. In order to make good choices, our brain needs to be in good health.

Enjoying Brain Games will make the brain think ahead in order to solve the problem. Exercise is good for the body and the brain. In order to solve Brain Games, our brains need to be able to focus and hang onto the cues for a short time by remembering. Doing puzzles on a regular basis will help the brain and memory to rebuild what has been lost and to become healthier. Brain Games will help to sharpen what the brain already knows how to use in order to gain more strength.

Puzzles come in all different sizes, styles, toys, magazines, newspapers, and books. Each one has a different effect on your brain, mind and memory. Each of them is different and no two are alike. You can buy these games in most department stores usually in the toy section.

Some puzzles are in colors making the brain concentrate on putting the colors together. Twisting and turning these colors are teasing the brain making it work with the mind to twist or turn the right way.

You can buy magazines to exercise the brain as well. These magazines have a list of letters or numbers and you have to locate them in a bunch of scrambled up numbers or letters. This makes the mind remember what it saw and to hold that memory until it is located in the group. Being able to keep in your memory what you see and then being able to locate it, is strengthening the mind and brain to function stronger and to come alive.

Some Brain Games come in a maze form game. They make your mind and brain to work to get from point A to point B by pointing you in all directions but giving one way to get to point B.

Aerobics is a mind puzzle giving the mind exercise by learning to remember the different steps. You have to think step for step making the steps connect from one to the other to help strengthen the brain cells. Aerobic exercise will help redevelop some of what has been lost in the brain and make the blood flow stronger for even better health. It is a known fact that working out makes you become smarter.

Check out the toy department nearest you or check out the Internet to find the many different Brain Games available. You'll be surprised to find so many that can exercise the mind and brain to keep it healthy.

If you're a person that likes to play games on the Internet check it out. The Internet has loads of Brain Games to play free. Using the Internet, you'll find many different challenges and ways to strengthen the brain and learn better problem solving techniques.

You can buy software programs to put on your PC that will exercise your brain and allow you to have fun too. There are many programs to research and find more information best to fit your needs.

Wake up the brain, learn new skills, and bring back some that you thought were gone forever. Learn new ways to problem solve by making better decisions once your brain is up and active. Become a happier and healthier person with Brain Games and games. Prepare for the brainteasers.

# How to Improve Memory with Brain Games

## Brain Training to Improve Memory

We've often heard elderly people make the comment that the first thing to go is their memory. Although memory loss is typical for seniors, even younger people may experience decreased memory, especially if their minds are preoccupied with many things. Research and studies have indicated that brain training can be quite effective in improving memory.

## What is Brain Training

Brain training is when giving your brain stimulation in the form of work to keep it busy. When we're young, our bodies are usually firm and fit, and they're that way because we're physically active. As we get older, we tend to decrease the amount of physical activity our body gets, resulting in a body that is not as fit and trim as when we were younger. The same thing happens to our brain as we age. We may not realize we're doing it, but we're not giving our brain as much activity or stimulation as when we were younger. Brain training is the process of training your brain to actively think and go to work for you.

## How Brain Training Can Improve Your Memory

Brain training can do a brain good because it is putting to work areas that have not been worked in a while. Have you ever heard someone say they're not as good at math, or some other subject, as they used to be? The reason that they're not as good is because they haven't done it for a while and their brain became too relaxed. Once they start working on math problems, it all comes back to them because their brain is getting the necessary exercise.

Memory games are excellent ways to improve your memory which makes them an excellent source of brain training. Memory games are not only good for improving memory but will also improve your fluid intelligence. Your fluid intelligence is what helps you figure out and solve problems.

Improved fluid intelligence can help you at work, at school and even in your home life.

Memory games are easy to find because they come in many varieties. They can be found online in the form of actual games or software. Many people have memory games right in their home and don't even realize it. A basic deck of cards can offer you many memory games to help stimulate your brain. Concentration is an old familiar game that many have played through the years. What better way to improve your brain functions than a game that forces you to constantly concentrate?

## **Want to make your memory strong?**

Many of us are surprised by the ability of others to remember many things. We think of our inability and end up admiring others talents. Improving memory skills is very easy. It requires an investment. Do not worry, this does not you're a major financial investment. It requires a little of your time, some practice and above all it requires some patience.

The easiest exercise is called 'pre-sleep contemplation'. This exercise requires a little of your memory. While lying in bed before you fall asleep, try to recall the activities that you did that day. Think about how you began and ended the day. Try to remember the people that you met during the day. Why did you met these people?

Another point that has to be kept in mind is to be alert. Being alert helps one to be actively and consciously involved in our landscape and social environment. How can one be alert? It requires 'observation'. Observe your surroundings. If you are interacting with a person, look around and relate to the objects that are present when you are in communication with that person. This will help you to associate with the objects around. Recalling objects will lead you to try and recall the conversation and the people that you have been in communication with.

Another puzzle that we humans face is recalling people's names. When we hear a name for the first time, it is unfamiliar to our minds. The name sounds unique to us and rings in our heads. Unfamiliar names get registered in some form or word in our minds. One of the easy ways to remember new names is to try and associate to a thing familiar to us which rhymes with the name. Take as an example, a person by the name of 'Michael'. This name rhymes with cycle. When we want to recall the person we try an associate our thoughts with familiar objects of daily life.

These 'games' of recalling what we have done throughout the day, the people we met during the day and their names is an exercise to strengthen memory power.

These steps require practice. The results if taken seriously work immediately; they become imprinted in our memories through continuous practice.

Following this on a regular schedule will help solve memory loss and forgetfulness. Being alert will help you to 'think' and work in a logical manner. Remember to be confident about yourself. This will help you to approach your problems in a more simplistic manner.

Practice these small steps for complex free living. You should also appreciate and celebrate the joy of living life. To improve your memory, you have many options. However, Brain Games can give you faster results. To help you gain from Brain Games and learn how to use the puzzles to improve your memory, there are word by association puzzles.

## **Word: Solving**

Association: unravel – resolve – crack – answer – explain – get to the bottom of – decipher – work out – disentangle – elucidate – determine – resolution – settle – decide – tenacity – fright – alarm – worry – dread – calm – self-control

Notice each word in the series. Think of a new solution for associating each word so that it relates to solving problems. Practice the steps each day to improve your memory and to build your vocabulary. Practice will improve your memory dramatically. Crossword puzzles are fun experiences that prompt the mind to think too.

## **Crossword Puzzles and Brain Games**

When solving a crossword puzzle, it helps to prepare yourself before you begin. Try to have a dictionary and thesaurus handy, especially if you are doing the Sunday New York Times puzzle. In this way, you will not be stymied by obscure words and phrases. Make sure that you have a good, sharp No. 2 pencil or two, and an eraser. You will want to be in a well-lighted area and sitting at a table or a desk.

It is a good idea to read over all of the clues before you start. In this way, you will know which clues are easy, and which are going to be more difficult to solve. It is also helpful to mark the clues according to difficulty, perhaps making a tick mark on clues you can

solve easily, and a different mark on difficult clues you will need to refer to reference material to solve. Be prepared to take a break and rest your mind occasionally, especially if it is one of the larger puzzles common in the Sunday newspaper.

When I solve a crossword, I always fill in all the easy clues first, breaking the puzzle into blocks, across and down, until I reach the end of the clue list. By doing this, I give myself a head start on the harder, longer words, and eliminate a third to a half of the puzzle. If I find a clue that could have two or more solutions, I will write them down next to their respective clues until I have solved enough squares to eliminate the words that do not fit.

Once I have completed all the easy clues, I start on the longer words that are not related to the theme of the puzzle. I have never encountered these sometimes-obscure words before. I use my dictionary and thesaurus when I encounter a word with which I am unfamiliar. Occasionally I have to refer to my Bible or an encyclopedia, since sometimes the clue will be a Biblical quote, or a reference to a specific location or an event in history. I work through these clues in the same manner as the easy clues, block by block.

As I fill in more words, the puzzle gets easier to solve, especially since some of the individual squares are already filled in by solving previous clues.

Eventually, once I have solved all but the longest clues, I have to discern the theme of the puzzle. Much of the time, these longer clues will be a play on words and related to the theme of the puzzle, and I am able to solve them by the process of elimination and by applying simple logic.

Occasionally, however, the puzzle author has gotten a little tricky, and used numbers or symbols to complete parts of the word or phrase. In that case, I have to get creative. For instance, recently I solved a puzzle that had the word "arrow" in each theme related clue, and it took me a little while to figure out that I needed to put an actual arrow where these clues intersected. Another time, I had to replace the word "one" with the numeral one.

If you follow these simple steps, you will probably find that solving a crossword puzzle is not as difficult as you once believed. You will get a wonderful feeling of accomplishment. By the time you finish the puzzle, you will find that you have not only relieved some of the stress of your day, but also exercised your mind.

## How to make your memory strong:

We are often surprised at others' ability to recall many details. It causes us to think of our inabilities and we start admiring the talents of others. While we can admire others, it is beneficial to know that we also have the ability to improve our memory skills. We have to invest some of our time, but it is possible to improve our memory. You do not have to invest money. You will need to invest some time to practice and to demonstrate patience.

One of the best solutions in improving memory is to practice with pre-sleep meditation strategies. You will need to exercise the mind and support your mind's ability to enforce recall.

Before you fall to sleep at night, when you lie down start recalling activities that you did today. Think about how you started your day. How did your day end? Explore your mind and see what you learned from the day. You may attempt to dwell only on people that you met that day. Try to examine your feelings and the reasons why you chose to meet these people.

The fact is that when you meditate it helps you to think deeper and you will start to recall things easier. This is the purpose of Brain Games. Brain Games require that you ponder things that you learned. Brain Games encourage you to stay alert to the problem and to search your mind to find the solutions.

When your mind is alert, it helps you to actively and consciously involve yourself in your surroundings and social environment.



## 4 Tips to Improve Your Memory

Do not let anyone tell you that it is impossible to improve your memory! Everyone can begin a course of action that will lead to memory improvement. Given sufficient time to practice, you can turn the act of rote memorization into an enviable ability. You will be able to memorize large blocks of information with relative ease.

Does this seem impossible to you? Have you always felt that you had a poor memory? The first step that you need to take is one of the most important.

### Remove negativity about your memory

Tell yourself that you have a good memory that is going to become even better with a little work, and then take steps to reach that goal.

We have compared the brain to a muscle. Of course, you know that the brain is not a muscle, but the comparison is valid. Giving your brain regular mental 'exercise' will encourage nerve connections to grow there. Once these connections are established, they have the ability to help improve your memory.

### Keep your body active

Do some sort of exercise on a regular basis. If you are not used to daily exercise, walking is a good way to get started. Make sure that whatever type of exercise you decide on, will increase your body's need for oxygen, i.e., aerobic exercise. This causes better blood flow throughout the brain, and helps it to work more efficiently.

### Make sure that you are eating a nutritious diet

You should eat plenty of fruits and vegetables for antioxidants, and fish to provide Omega-3 fatty acids that can help to improve the memory.

### Be observant

If you consider yourself a forgetful person, perhaps it is because you need to work on being more observant. It is important to have an inquisitive mind, and to take notice of your surroundings down to the smallest detail. Of course, this is not a trait that you will

be able to develop overnight! You will have to be diligent about making the effort to be observant.

Practice being more observant by looking a room in your home carefully, focusing on every little detail. Once you think you have taken it all in, close your eyes and attempt to picture the room and everything it contains in your mind. Keep this up until you can do this exercise without leaving any of the details out. Visualization is a big help in remembering any sort of information.

Very few people would turn down a chance to improve the way they think, if they knew how to go about it. When you have the ability to think more effectively, you can make better decisions and become a much more efficient thinker. You will learn new things faster and easier. This will enable you to achieve the potential that has been hiding inside you and it will improve all aspects of your life.

That all sounds very good to everyone. However, their first question is always, "How can I improve my thinking ability so that I can take advantage of all of these benefits?" You will discover that there are many ways to train your brain to think more effectively. You can maximize your brain power and keep your brain agile as well. A more powerful mind can be yours, and you will be enlightened by the process!

# How Thought Improvement Can Help You to Be More Productive

## Always Think Positively

If you really think about it, you would agree with the theory that positive thinking can make life a lot better for you. When you look at the events of your life as positive, you are naturally going to look and feel happier. You will be better equipped to throw off stressful occurrences, and every aspect of your life will go better for you. Of course, even if you make a strong effort to be positive, you are going to have days when nothing seems to go right for you. Things will happen in your life that you will have to make a huge effort to accept.

Some people seem to be 'eternal optimists'. They are unrealistically optimistic, to the point where an earthquake would make them smile and say, "Oh, well... I needed to redo the garden anyway, and now I won't have to paint the house in the spring." People who go through life like this have also been called 'Pollyannas' after the character in the children's book and movie by the same name.

The ability to think positively is actually a science. Researchers have claimed that when people think positively, it has a placebo effect on the body. At one time, this placebo effect was thought to occur in test studies because the human brain was intelligent enough to fool test subjects into thinking that the sugar pill they took in lieu of the 'real' medication had actually helped them.

New studies have shown that when people swallowed a sugar pill, thinking it was actually a helpful medicine that would make them feel better, their body did a wonderful thing. It produced several chemicals that imitate the type of healing that would have occurred had the person actually taken the 'real' medication.

This experimental study can tell us a lot about how our brain power works for our greater good. When someone is sure that they are going to feel better and get well, the brain responds to those feelings and actually improves our feelings and heals us! Do you know someone who is always boasting about how healthy they are? These findings could be the reason why this is so.

Research has also found that those who look at life through optimistic eyes live longer than the cynics of the world. Their death risk is an astonishing 55% lower than that of the average person.

## **Replacing Negative Thoughts with Positive Thoughts**

If you sail through life believing that good things are going to happen to you, it can make a big difference in the outcome. The same is true for people who are trudging through life with a constant negative attitude. They expect that bad things are going to happen in their world, and nine times out of ten, they do.

The difference in these two ways of thinking makes a powerful statement to our brains. It is a cumulative statement in that the effect builds up the longer it is experienced. Having a negative attitude can spill over into other aspects of your life, and spawn bad habits that can be detrimental to your health and to your career.

Your personal relationships can also be affected by a negative attitude. Can you recall the last time you had a conversation with someone who sports a negative attitude? It is probable that you felt a bit negative when the conversation was over, no matter how upbeat you may have felt before it began.

Imagine how glorious life would be if you could train yourself to never have another negative thought! Positive thinking can affect the people around you almost as much as it can help you. Remember the little jolt of goodwill you felt when a stranger was kind to you? Wouldn't you rather make people feel good about themselves and the world, rather than negative?

## **The Art of Positive Thinking Is Not Lost!**

When you are in a bad mood, it is likely that you are quick to blame something or someone for your sullen disposition. If you were honest with yourself, you would see that you and you alone are responsible for your moods. You cannot blame it on the weather, the argument with your spouse or partner or the fact that those pants you just bought last month would not even come close to fastening this morning!

You can change and improve your life by training your mind to think positively instead of negatively. If you do this, small annoyances in life will no longer make you grouchy, and the big problems will become much easier for you to handle with positive thinking.

## Be More Productive By Thinking Positive

Positive thinking means that you will always look on the bright side of things, and always see the silver lining in the clouds of life! Instead of fretting about all the things that could go wrong, you spend your time thinking of all the things that are going to go right for you. This type of thinking will bring positive benefits to you. One of the most important benefits is the lack of job stress that you will feel.

Stress can make us feel both threatened and overwhelmed. Neither of these feelings are going to help you to get ahead in your career. If you are a career professional, the demands on your time at work are more than likely even greater. You feel stretched in all directions, with no time for yourself. This makes you tend to judge yourself harshly when you are unable to be three people at once, and make everything go just the way you want it. You feel as if nothing you do turns out well, and that everyone is judging you poorly because of it.

By feeling this way, you are caught up in a vicious circle! Because you are upset with yourself, you tend to get even less done at work, or at home. That causes you even more stress, and the circle just keeps rolling along while you feel worse and worse.

Imagine how much better things would go for you if you were a positive thinker. You could say to yourself that you were sure you would be able to handle anything that came your way. It would not matter if it were job related, or had something to do with your family.

The fact that you had faith in your abilities would be enough to make your level of stress almost non-existent. Remember that negative thinking automatically sets you up for failure, whereas positive thinking allows you to get more done and meet the demands that life places in front of you.

## Refocus Your Thoughts and Change Your Life!

When you study your life through this new perspective, seeing the world through rose colored glasses seems to be the thing to do. At this point, you may ask how you can achieve this balanced state. No one can manage to achieve Nirvana and never leave this blissful tranquility!

It takes practice to eliminate negative thoughts from your life. There will be times when you will try and fail to do so. However, as you struggle to always think positively, you

will find that it becomes easier as time goes by. The old saying 'Practice makes perfect' does fit in well with the art of positive thinking!

How do you practice thinking in a more positive manner? Start out by accepting the fact that you are not perfect. No one can make an enormous change like this overnight! All you can do is take it one day at a time.

For starters, believe in yourself! If too many negative thoughts continue to force themselves into your mind, sit back and take a deep breath. Ask yourself what is happening on this particular day that is causing you to have so many negative thoughts. When you are able to pinpoint the reason, you can start to do what needs to be done in order to make you feel more positive about the situation.

One way for you to feel more positive is to boost your confidence in yourself by affirming yourself. Affirming the things you want to happen can make you see things in a more positive light.

Suppose that you have a report that is due at the end of the day, and you have no idea how you are going to be able to finish it. A self-affirmation that goes something like this could give you the confidence you need in order to get your work done on time.

I know I can do this report and turn it in on time.

I am good at this sort of thing. I am sure that I can do a good job.

You might be surprised at just how effective this can be. An old song from the 1940s has lyrics that urge the listener to "Accentuate the positive, eliminate the negative". That is exactly what you must do. The more you think in a positive manner, the more you will get the kind of results you need in order to successfully change your life for the better.

# 10 Relaxation Exercises

## Exercise 1:

Sit comfortably with a gentle smiling face. Keep your eyes closed. Your spine should be straight with your shoulders relaxed.

Fold your left leg and put under the root of the right thigh. Fold the right leg and put it under the root of left thigh.

Place your left hand on the left knee, palms open to the sky and have the thumb and index finger gently touch their tips.

Concentrate in your inner mind.

Then slowly change the posture and go for a relieve position. Expand your legs; keep a distance of one foot between your legs. Gently bring your arms back to the previous position. Bring your head back and breathe in.

You should start exhaling when you go for the position and start inhaling when you relieve.



### Time Duration:

3 minutes for exercise and 1 minute for relaxation. This should be done in 3 cycles.

### Benefit:

Helps in concentration enhancement.

### Scientific Approach:

We naturally breathe in air through the nose. It is the correct breathing technique for humans, but sometimes unknowingly we are inhale air through the mouth. This

adversely affects our thyroid gland mechanism and deteriorates mental functioning. The nose has the proper environment to inhale air due to the presence of tiny hairs present in the nose which trap the dust and micro-organisms and provide a defense for the body. The long air-passage converts cool air to warm air which helps to maintain our body temperature and the functioning of the hypothalamus.<sup>13</sup>

## Exercise 2:

Sit comfortably with a gentle smiling face. Keep your eyes closed. Your spine should be straight and your shoulders relaxed.

Fold your left leg and put it under the root of the right thigh and fold the right leg and put it under the root of left thigh.

Gently bend the left arm and place the thumb tip at the hole of the left ear. Place the tip of the index finger on the upper part of the left eye brow. Place the middle finger at the upper part of the nose. Place the ring finger on the ring part of the nose and the little finger on the lips.

Gently bend the right arm and place the thumb tip at the hole of the right ear. Place the tip of the index finger on the upper part of the right eye brow. Place the middle finger at the upper part of the nose. Place the ring finger on the ring part of the nose and the little finger on the lips.

Hold this position for 60 seconds with deep breathing.

Try to ignore the sounds outside and feel the inner sound. Inhale the air.

Then you go for the relieve position. Expand your legs; keep a one foot distance between your legs. Gently bring your arms back to the previous position. Bring the head back and breathe out.



Time Duration:

3 minutes for exercise and 1 minute for relaxation.  
This should be done in 3 cycles.

Benefit:

Helps in concentration enhancement and calms the mind, body and soul.

Scientific Approach:

This exercise helps to relax the mind and body. The parasympathetic nervous system gets stimulated by gradual, deep and balanced breathing. The parasympathetic nervous system helps to control our heart rate and bring it to normal and relaxes the muscle contraction which ultimately relaxes our brain. All of the stress is released and we can concentrate on our work.<sup>13</sup>



## Exercise – 3

Sit in a comfortable posture.

Then cross your legs i.e. fold your left leg and put it under the root of the right thigh and fold the right leg and put it under the root of the left thigh.

Place your hands on your knees. Feel relaxed.

Concentrate on your breathing pattern.

Take a deep breath in and then exhale the air. Do a gentle inhalation process but exhale with a great force similar to that of blowing your nose. During inhalation your abdominal muscles should get expanded and get squeezed during exhale.

Remember the exhalations should be forceful. The process of inhalation and exhalation should maintain the proper rhythm of respiration. Ensure that during exhaling you are pushing the air out from the lungs with full force.

Do not exert much effort while inhaling the air. Complete the procedure by deep inhalation and exhalation.

In this way you will successfully complete one round.

You start with 3 rounds of this exercise by doing 15 exhalations in each round.

Take a small break between each round.

Time Duration:

5 to 8 minutes in total.

Benefit:

This exercise supplies pure life energy to the brain and enhances memory power. This also helps to remove the toxic and foreign substances from the body and releases tension. This exercise may also prove useful in the case of heart disease, high and low blood pressure, depression, tiredness, laziness, sleeplessness, migraine, joint pain, etc.

Scientific Approach:

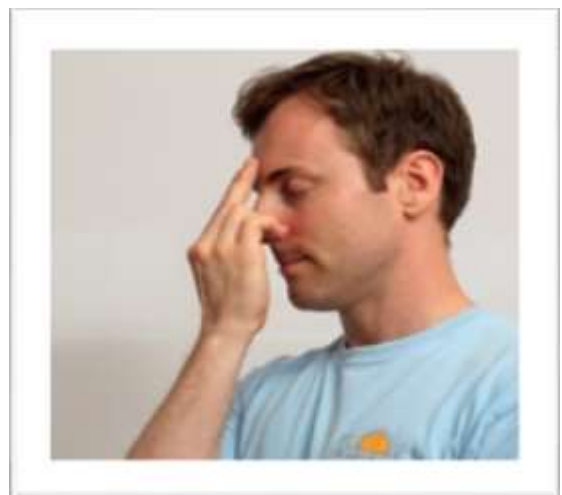
This exercise helps to increase the blood circulation in the brain and removes blood clots thereby improving the memory power.<sup>13</sup>

## Exercise – 4

Sit comfortably with a gentle smiling face. Keep your eyes closed. Your spine should be straight and your shoulders relaxed.

Fold your left leg and put it under the root of your right thigh and fold the right leg and put it under the root of the left thigh.

Place your left hand on your left knee, palms open to the sky and thumb and index finger gently touching at the tip.



Gently raise your right hand and place the tip of the index finger and middle finger between the eyebrows. Place the ring finger and little finger on the left nostril, and the thumb on the right nostril. We will use the ring finger and little finger to open or close the left nostril and thumb for the right nostril.

Press your thumb on the right nostril and exhale gently through the left nostril.

Now inhale from the left nostril and then press the left nostril gently with the ring finger and little finger. Withdraw the right thumb from the right nostril and exhale from the right.

Inhale from the right nostril and exhale from the left. You have now completed one round of alternate breathing.

Continue inhaling and exhaling from alternate nostrils.

After every exhalation, remember to breathe in from the same nostril from which you exhaled. During breathing you have to take long, deep, smooth breaths without any force or effort.

#### Benefits:

Excellent breathing technique to calm yourself and prepare for meditation.

Stress eradication from body and mind and help to relax.

Improve thought capacity by releasing stress.

Good for circulatory and respiratory problems.

Releases accumulated stress from the mind and body effectively and helps to achieve relaxation.

Maintains body temperature.

### Scientific Approach:

This exercise helps to improve the coordination of left and right part of the brain, which corresponds to the intellectual and emotional sides. This helps to promote healthy brain function and enhances the power of judgmental activities while removing stress.

The improved respiration and circulation process provide a better oxygen supply to the brain which increases the brain functioning and regulates the body temperature.<sup>14</sup>

### Precaution:

Do not apply any pressure while placing the fingers on the forehead and nose. Place the fingers lightly.

The breathing out time should be longer than the breathing in time.

Forced breathing is not recommended. You should have gentle and natural breathing. Breathing in from the mouth is restricted and no sound comes out while breathing.

This exercise should be done on an empty stomach.

### Time Duration:

You should do this for 5 minutes in the morning and 5 minutes in the afternoon. Each time you should cover 9 cycles through both nostrils.

## **Exercise – 5**

Sit comfortably with a gentle smiling face. Keep your eyes closed. Your spine should be straight and your shoulders relaxed.

Fold your left leg and put it under the root of your right thigh and fold your right leg and put it under the root of the left thigh.

Gently bend the left arm and place the index finger tip in the forehead. Place the tips of the middle, ring and little fingers in the upper part of the left eye lid.



Close the left ear by placing the thumb tip at the hole of the left ear.

Gently bend the right arm and place the index finger tip on the forehead. Place the tip of the middle, ring and little fingers in the upper part of the right eye lid. Close the ear by placing the thumb tip at the hole of the right ear.

Hold this position for 60 seconds and take deep breathes.

Avoid the outside sounds and feel the inner sound. Calm down and maintain the proper rhythm of respiration.

Time Duration:

3 minutes

Benefits:

Immediate relaxation from mental stress and fatigue.

Scientific Approach:

To hold the breathing for a very short duration of time helps to exert more carbon dioxide from the lungs which increases the capacity of the lungs and allows them to inhale more oxygen. When the circulated blood contains more oxygen, it enhances functioning of the whole body by improving the energy. Proper oxygenation contributes to normalizing the brain function which reducing excessive mental stress.<sup>13</sup>

## **Exercise – 6**

Seat in a comfortable posture.

Cross your legs. Fold your left leg and put it under the root of the right thigh and fold your right leg and put it under the root of the left thigh.

Place your hands on your knees. Feel relaxed.

Concentrate on your breathing pattern.

Exhale from the nostrils slowly. Then inhale slowly. Inhale as much as you can and while exhaling produce a nasal sound.

Try to produce the 'MA' sound or like the honeybee buzzing around the flowers. Create this sound and exhale.

Try to make this sound as sweet as possible. Close the ears with the thumbs in order to block the external noises and keep the fingers on the forehead.

Inhale and exhale and produce the sound.

Do not shake the body while inhaling and exhaling.

#### Time Duration:

Repeat this exercise for five minutes.

#### Benefits:

It is helpful for brain generated problems, tensions, worries, anger, sleeplessness, depression and other problems and improves the memory power. It cures anxiety and is useful in case of restlessness, high blood pressure, heart disease etc.

#### Scientific Approach:

While breathing, the primary parts involved are the diaphragm and intercostal muscle. In the human body, the diaphragm is located in the lower part of the lungs and above the organs of the abdomen while intercostal muscle is in the chest. The different vital organs, mainly the heart and lungs, as well as the liver, spleen, pancreas and stomach are attached to the diaphragm. The efficient use of diaphragm helps to get more oxygen without much effort. Active movement of the diaphragm makes the functioning of these organs more efficient. The chances of chronic diseases like hypertension, liver cirrhosis and diabetes are less and the anxiety due to chronic illness is also reduced. A fresh brain is capable of storing memories.<sup>14</sup>

## **Exercise – 7**

Sit comfortably with a gentle smiling face. Keep your eyes closed. Your spine should be straight and your shoulders relaxed.

Fold your left leg and put it under the root of your right thigh and fold your right leg and put it under the root of your left thigh.

Place your hands on your knees, palms open to the sky and thumb and index finger gently touching at the tip.

The chanting of the *OMKAR* sound is very significant in our lives.

*OM* should be chanted for meditation, producing energy in the body and circulating the strength.

Inhale and chant *A* (ah), then close the mouth and say *U* (oo) and then close and say *M* (im).

While chanting, stress the letters *A*, *U* and *M*

#### Time Duration:

3 minutes

#### Benefits:

Improve the diseases of stomach, chest and brain respectively. It is helpful for improving the memory power.

#### Scientific Approach:

The diaphragm makes up the border line between the chest and abdomen cavity. The underlying organs like the lungs and stomach's activity depend on the diaphragm movement. Abdominal breathing includes efficient movement of the diaphragm. The diaphragm breathing technique helps to regulate the air-flow, to control respiratory movements for optimum breathing, and to integrate consciousness and respiratory functioning in order to lower the stress level and enhance psychological functioning.<sup>14</sup>



## Exercise -8

You have to fix some point. The point can be at a near or far distance.

It is recommended to use a flamed candle to fix your point.

Sit comfortably with a back erect position.

Hold the candle so that the flame remains either at your eye level or below it. The distance between the candle and yourself should be about two feet.

You should not fix your eyes on the tip of the flame but on its base and concentrate on it. Be calm and gentle.

If possible, do not blink your eyes

After 2 to 3 minutes, water may come out of your eyes

Close your eyes and relax

### Time Duration:

2-8 minutes and a complete 8 cycle. It should be followed two times a day in the morning and afternoon.

### Benefit:

Increases concentration

### Scientific Approach:

Literature review and meta-analysis always support the vital role of meditation for revitalizing our brain. The tendency of brain constantly helps in connecting you with your thoughts and experiences due to the generation of 'Beta( $\beta$ ) waves'.  $\beta$  waves express a processing of information. By decreasing the  $\beta$  waves, we control information processing. The higher beta wave production causes overlapping of information processing which further creates confusion. Research shows that regular meditation





helps to control the  $\beta$  wave production and reduces the chances of confusion and enhance concentration. <sup>15</sup>

## Exercise -9

Maintain a distance between the feet and hips.

Now, spread the toes wide to help yourself stand firmly on the ground.

The hands should be on your hips.

While inhaling, bring one foot up, placing it either on the calf or the thigh (never place the foot on the knee) and slowly exhale.

If you have your balance, reach your arms to the sky.

Stay here for 5 rounds of breathing. Exhale out slowly placing your foot on the ground.

Switch your legs and repeat the same technique.

The technique can be best illustrated through pictures. See the figure below for a correct understanding of the technique.

This is a very balanced technique which can give you a great start for the day providing you with concentration, a composed attitude, perseverance and a removal of anxiety.

## Exercise – 10

This technique of exercise can be called as “Standing-Backbend and Side Stretching”

To start with, inhale with your arms up straight and then slowly and gradually bend back like an arc to feel elongation throughout your entire body.

Now, exhale and let one hand slide down the side of your body with the other hand still raised.

Allow your head and neck to relax with a feeling of an even deeper stretch in the ribs and side body.

Follow with a slow inhale up to the center and exhale to the opposite side.

Time Duration:

Repeat this technique 5 times on each side with each time lasting for 3 minutes.



# The Beauty of Mind-mapping

Most people are familiar with road maps, especially if they do any sort of traveling that entails driving in unfamiliar territory. These maps help them to know which direction to take in order to end up at a certain location. You could consider a road map as a sort of instruction manual for driving, since a large segment of the population could not manage to travel more than 20 or 30 miles without one.

Our brains have been compared to computers by many researchers. To a certain extent, this is very true. When you buy a new computer, most of the time it comes to you with some sort of operating system already installed. Included in this operating system are various types of software.

Each software program does something different. A word processor is for typing letters and reports. A web browser is used for going online. Your email program downloads your email from the server. The programs that are on a computer when you purchase it are usually just the basics.

When using your computer, what do you do if by chance you need to complete a task, and you find you do not have the proper software? You either download or purchase a program that will help you to do the task.

## What are Mind Maps?

Your brain is your operating system. Even though everyone thinks in a different way, you use the same techniques as the majority of the other people in the world. When you were born, you had certain 'programs' already 'installed' in your brain that are there to help you learn and memorize the things that are going to happen to you during your entire lifetime.

You have a program that remembers images, a program that remembers how things link together in order to form a system, and a program that remembers words and what they mean. Does this sound a bit like your home computer?

When you use mind mapping, your brain is working like your computer! Mind mapping is a moniker coined by best-selling author Tony Buzan, who has taught this concept to people all over the world for the past 30 years.

Mind maps are a very effective way to get information that you want or need to remember, in and out of your brain. The brain has certain basic ways of doing things, just like a computer does. The difference is that the brain can take these basic 'programs' that it entered the world with, and refine them to help make the most of your memory and your sense of creativity.

You already have this power latent in your mind. Mind mapping simply takes advantage of the power within you in an innovative way.

Mind mapping has its own basic elements. The ones that are absolutely necessary to harness the power of this amazing method are as follows:

## **The Inner Core Central to Mind Mapping**

Mind mapping uses basic logic, and the brain's proclivity for association to create a structure to build upon. Since our thoughts start off in the center of our mental state, mind mapping starts in the middle of a sheet of paper. Here, you will place a word or an image that will represent the idea/subject that you are thinking about. You will use colors to make this image, in order to make it stand out both on the paper and in your mind.

Think of this center image as the title of a book. What comes next in a book on the first few pages? The table of contents, which, as you know, is a listing of the chapters of a book. You want the main themes of your idea/subject to branch out from around this center image, just like the chapters of a book seem to flow outwards from a table of contents.

You have the option of printing (the brain reads printed letters more quickly) a word or words for this main theme, or you can create another image if you prefer. These central lines are the first level of thought, much like the main branches of a tree join to the tree's trunk. You want the colors to match the ones on the middle image, and draw lines that are the same length, and curve toward the outer edge of the paper.

## **The Second Map Level and Beyond**

Now you will begin to create your second thought level. The words or images on this level will be linked to the central branch that they are an offshoot of. Your lines will be thinner, but of the same color as the main branch they started from. Use single words if possible, and make sure that you arrange each image or word on its own individual

line. The lines show the association between the main center image or word, and the ideas that are represented by the single words and/or images.

See how your thoughts flow? They go from the main idea and branch off into more ideas, which are all related to one another in some way. Keep in mind that if you are doing mind mapping as a group exercise, no two mind maps are going to look alike. Everyone's brain will use different words and images to associate ideas and plans.

## **What Mind Mapping Can Do For You**

Mind mapping allows your creativity free reign. You are creating a diagram in a sense – a diagram that represents the main idea that you are thinking about, and arranges other ideas and activities relevant to the main idea around it. Mind maps arrange these ideas in a way that represents the connections they have to each other.

People have found mind mapping to be very useful in their business, personal and family lives. It helps them to learn large amounts of information in a relatively short period of time. Any time that you want to be able to think and remember better, you should consider drawing a mind map to help you see the big picture of what you want to achieve.

## **The Use of Pictures and Images**

When children are learning to read, most systems which were made to teach them the basics of reading use many pictures. This is because our brains have an awesome capability to recall pictures and images very easily. It is as if you have a huge hard drive in your head that has a limitless capacity for 'brain shots'.

Brain shots are 'photos' of your life that you can bring to the forefront of your mind whenever you want to see them. This is a big part of using mind mapping! Since it is easier for us to remember an image than it is a group of words, mind mapping takes advantage of this capability.

## **Headings and Captions**

The brain has a much easier time remembering words that stand alone, short groups of words, and short sentences such as captions. Headings are also very easy to remember. Take the front page of a newspaper, for example. You could attempt to memorize the entire front page. You would have to do an awful lot of studying to be

able to quote it verbatim, and it is doubtful that you could accomplish this task without making any mistakes.

A much easier method of remembering the information would be to write down the headlines and headers for each story, and then commit those to memory. This way, the headlines and headers would help you to remember probably 95% of each newspaper story, as long as you had read them thoroughly and thoughtfully.

## **Making a Connection**

One of the things that your brain does best is analysis. It is an automatic occurrence that is similar to logic. It is natural for the brain to analyze how events, situations and actions are connected to each other. Once your brain has figured this out, it will then create a picture that will bring to mind that structure. Much of the work that our mind does has to do with things being connected together in our memory. These associations work together to create a system.

Your memory is at its best when it is allowed to work the way that it was meant to. If you try to force yourself to remember things in a way that goes against the brain's natural ability, it will be very difficult. Doesn't it make more sense to work with your brain, instead of trying to go against it? Mind mapping is advantageous because it falls right in line with the way that the brain works. Research has proven that the basic way that man remembers things is by using his imagination and associating it with images.

When you think of a horse, does your mind see the letters H O R S E in neon lights? Of course not. It sees the image, or picture of a horse. We think in images! When we remember things, they appear in our mind as images first. The images then trigger words.

Mind mapping takes advantage of this. It is a way of taking notes that will enable you to learn things faster and easier than ever before. When you need to come up with an idea for something quickly, mind mapping is the way to go. Mind mapping can help you to take a complicated idea, and give it structure so that it is much easier to understand.

## **How Does It Work?**

People who are relatively new to mind mapping say that after completing a few of them, they feel that they actually think in a different way. When you consider that mind

mapping is the way our brains were originally designed to work, you can better understand why they would say this.

An idea map is a visual picture of the problem, topic, question or issue that you need a solution to. It is eye catching and colorful, and fits on just one sheet of paper. It is a different method from the usual step-by-step, linear method that most people use! When you have a picture of what is going on right there in front of you, it somehow makes you feel energized, and more capable of handling the project or problem at hand. With a visual 'map', the brain can think and plan in a different way – the way it was meant to think.

Mind mapping is a lot easier to learn than you might think from reading about it. It is a great deal like brainstorming, where a group gets together and shares their individual ideas and solutions for a common goal. Once you have learned the basics of mind mapping, you won't want to think or learn new things in any other way. Your efficiency will be a peak level at work and at home, and you will be using more of your brain power than ever before.

## **Basic Principles and Major Benefits of Mind Mapping**

The basic principles of mind mapping are:

- Express ideas through the use of single, key words or by drawing colorful images
- Associate these ideas
- Structure these ideas into a group
- Group ideas in order of importance
- See your ideas by creating them in image form
- Use colors and images to further stimulate your mind

The major benefits of mind mapping include:

- Creative thought is stimulated by the use of colors and images
- Creative thought is further stimulated by the use of associations and power words
- Thinking in depth about what it is you are trying to learn or accomplish
- Time and paper saved versus taking notes the old-fashioned way

## Exercising Your Brain

According to scientific research, keeping your brain active by doing brain exercises can cause your brain to maintain a greater number of neurons, commonly called a neuron reserve. These neurons can help you to maintain brainpower as you get older, and in some cases, can hold back the signs of Alzheimer's disease.

Many people do not realize the importance of exercising their brain, yet almost everyone realizes the importance of bodily exercise such as aerobics. It is just as important to keep your brain flexible and strong as it is to keep your body exercised and well-toned. If you do not exercise your body, eventually you will become flabby and out of shape. The same goes for your brain. No one wants a flabby brain, since once it gets out of shape it can be difficult to get it back into prime form again.

How can you exercise your brain? Crossword and word find puzzles do an excellent job of keeping your brain alert and active. Anagrams are useful as well. Some studies claim that video games are also good brain exercises. Any task that requires some sort of mental effort makes an excellent exercise. The key to success is to do some form of brain exercise on a regular basis, just as you schedule physical exercise.

### Reaching the Limits in Brain Games

When you strengthen your mind, it stimulates your brain to gain fresh facts and to flesh out newer and beneficial modes or ways of thinking. When you learn to solve problems effectively, it opens a well of undiscovered knowledge. Using mathematical strategies, your mind will be able to think logically and solve problems easier. There is no time to waste, since your mind can reach the limits.

### Prompting the Brain with Brain Games

How do Brain Games prompt the mind to discover solutions in solving problems?

Brain Games are stimulating games, problems, mind busters, etc.. They stimulate the brain through reinforcement activities. Mind drills are not limited to products. The puzzles although appealing to undisciplined at heart, can also benefit adults. Brain Games suitable for adults have the intention to accommodate their developed needs. The need of adults is to stimulate the mind to keep it sharp. The right stuff\* is to support cognitive thinking and methodical competence.



## Popular Brain Training Games

Brain Workout is a very popular brain training computer game. With the so many people having one or more computers in their homes and brain training such a hot topic today, why not get your child a computer games like Brain Workout that acts as a brain trainer?

Your brain requires constant activity, physical exercise and stimulation to increase your brainpower and your memory. Brain Workout can do this for your brain and all it requires is that you play it for 20 per minutes per day. You'll have little trouble getting your children to play this game for 20 minutes. The many benefits of playing Brain Workout regularly.

Brain Workout will prevent brain aging because of the way it keeps your brain thinking and active. It will also help increase your cognitive functions of language, memory, visual/spatial skills, concentration and other functions. Unlike many other computer games, you don't need a partner or opponent to enjoy the game.

You're constantly challenging yourself and trying to beat yourself. It offers tools and features to help you track and monitor your progress. It will also monitor your progress and compare it with other players. Whether you're playing by yourself or against your friends or strangers, you'll always know where the ultimate challenge lies.

By training and monitoring your progress, Brain Workout knows when you're ready for a challenge and will automatically present you with one based on what current challenges you've mastered. Although Brain Workout is a game you can play by yourself, it is also a lot of fun with friends. The game will track the progress of up to three users. This can really add a competitive edge to the game.

Brain Workout is a very exciting, stimulating and challenging computer game. In fact, you may want to play the brain warm up game before actually starting the real thing. One of the many special features of this game is the many skill level settings that you can select. You adjust the settings based on your strengths and weaknesses and the game will provide you with challenges and levels accordingly.

Your ultimate challenge will be to play and master the Total Workout, which challenges many of your cognitive skills and abilities. Once you have mastered the logic, memory and concentration sections, you're off to play the Grand Slam workout, which is the

ultimate challenge. Brain Workout offers you twelve challenging games to keep your brain active, challenged and fit.

## How the puzzles work:

Some of the free online mind puzzles are confusing. You are given a brief description of some action occurring and you must answer the question. Some of the puzzles that are offered free online have the option of free personality exams. I encourage these exams, because they can help you to understand yourself, which promotes the will to learn.

Some of the Brain Games include illusion games. You will find these free online too. The illusion games inspire your visual perceptions. They use illustrations that you feel comfortable with to inspire your mind. The goal is to use objects of illusions to bend your perceptions. The concept is based on the notion that our minds are go-between mediators that often seek the facts. The illusions are optical objects that result in dissimilar patterns that oppose ending comparable lines. The inspiring tactics use background elements, which are added to the basic structure of the designs.

Since theorists believe that we are influenced by our experiences; we can adjust our perceptions to balance regions of higher contrasting afterimages that result in our spatial movement of the eye or from our produced motion or kinetic abilities. Illusions can lead you to believe that you have no skills to read between the lines produced by the motion structure of objects from its background of an image.

Optical illusions are an excellent tool that helps you to focus. When you can use optical illusions and successfully find solutions to solve the problems, you expand your awareness. Optical illusion uses objects versus parallel lines to make a point. Optical illusion had its origins in ancient Greece and is still helpful today.

What happens with optical illusion is that the sender (Creator) is attempting to make you believe that something is not real although it is. For instance, the creator may generate an optical illusion, such as blocks and alter those blocks so that most appear the same. However, one stands out as different. The creator uses motion to convince you with words that all the blocks are the same.

Brain Games, include Paradox puzzles, creative puzzles, vocal word puzzles, rebus, common bound, etc. Brain Games may include mathematic figures and numbers, or a combination of the two.

For example, one of the common Brain Games is a series of figures. You are given: two...4...13...35...113...You have to locate the following number in the puzzles.

Brain Games also include the lateral puzzles that make you think. The lateral puzzles give you something to think about, such as...If John Doe walked to the store at 8pm and returned at 8:05 pm, how far did John Doe have to walk?

You can see that lateral puzzles are mind boggling. You have to estimate the distance that John walked in five minutes. Obviously, he lived very close to the store.

Brain Games include riddles, clues and so on. Riddles are something that triggers your mind, since you have to ponder to figure out the answers. For example, what is the definition of "Mardi Gras?" Since Mardi Gras is filled with fun packed adventures, such as pageant holiday celebrations, festivities, street parties, etc. it is defined as "Fat Tuesday." Toys are sometimes also created as Brain Games.

Practicing with Brain Games often can help the wit and memory to rebuild what has been wandering and to become healthier.

Brain Games include various sizes, styles, etc. Brain Games come in the form of toys, or you can find Brain Games in magazines, papers, or books. Each mind puzzler has different approaches in effecting your gray matter, mind, and memory.

Magazines sometimes offer good resources that help you to exercise the mind. Some magazines have puzzles, which have a list of alphabets and figures. You have to spend time figuring out what letter or number goes where by unscrambling the puzzle.

Puzzles help the mind to recall details and remember what it saw. Memory enforcers keep the mind active.

Some of the Brain Games help keep the mind active, since you have to solve mazes. The maze helps the mind by forcing it to shift from one direction to the other. In short, you explore all sides of the pie to solve mazes and Brain Games.

Brain Games aid the mind to exercise by training it to hold memories and abilities. Your brain cells need a helping hand, so that they stay connected. Competitive puzzles will

assist to redevelop some of what has been mislaid in the cerebrum and make the blood flow for better health.

## Trivia:

Why do you think our trees are becoming distinct? The answer for some people is because trees are being replaced with buildings or parking lots. This is partially true, yet if you stretch your mind to think that trees are becoming distinct...you would see that part of the problem is because Americans each day receive as many as three million letters in the mail, which is often junk mail.

Notice how the trivia question can open your mind to discover new solutions to resolve the problem. If you wanted to continue with the trivia you could come up with solutions to reduce junk mail. You could do this by stop sending your address to marketers to start with, which will eliminate you from their list.

This would cut the three million total by one. That is one less person causing our trees to become extinct.

Why did many men die servicing the Union Army? Your mind may first think, "War," but if you were to explore the cause of deaths, and do some research you would find that many men died by diseases rather than the war itself.

Brain Games open your mind up to discovery. When you open your discovery mind, it helps you by keeping the mind active. You will see a need to explore possibilities to solve problems.

Which president of the United States of America was ambidextrous? Your mind will feel inspired to discover the answer, since it will likely go back through the list of presidents to figure out which one could use his right and left hand concurrently. Your mind will think until you know the answer, or if you are curious you may explore books, magazines, the Internet or other areas to research and discover the answer. As you can see, this opens up cognitive thinking, logical thinking, creative thinking etc.

Think about the question for a few minutes. Don't try to look at the content below to find the answer, instead think for a few moments to see if you can discover the person's name.

Allow the mind puzzle to let you to discover the name of the president with skill and ability to write with either hand.

Brain Games open your mind up to persuasion. You will start to see the need to discover your point of view, or experience urges to explore potential solutions in solving problems.

The answer is James Garfield who could skillfully use either hand to write. Go for the mind busters.

## **Problem Solving**

Working crossword puzzles, solving anagrams, or playing video games are a type of problem solving exercise. The difference is that with these problems, the solution is readily available somewhere. With puzzles and anagrams, the solution is typically in the back of the book or in the next day's edition of the newspaper. Video games have tip lines to call and strategy guides available that will talk or walk you through any trouble you may be having with the game.

There is no tip line or strategy guide for the problems of life. We must solve this type of problem ourselves, using our brain power. Normally, there is no one correct solution to a problem, but some of the ones we can come up with are certainly better suited for the problem than others. This is where the technique of brainstorming can come in quite handy for all but the most personal of problems. A group of people can come up with many solutions that are quite creative. No one is timid about offering up possible solutions that seem to be rather unusual, for one of these may be just what is needed in order to solve the problem.

What is most interesting about brainstorming is that someone who is not deeply involved with a problem can often come up with a perfect solution. This is a perfect example of being on the outside, looking in.

## **Mind Games and Memory Exercises**

An aging brain can definitely benefit from the stimulation involved in playing mind games. These should be started no later than the age of 40, preferably much sooner. Even children can benefit from including mind games into their daily schedule. Studies have shown that the fitness of the brain can be improved by spending just a half hour a day with these pleasant little games.

Word games, brain teasers, logic puzzles, and math puzzles can give your brain a real memory workout. Memory exercises can improve both the memory and the attention span, and they don't have to cost you a thing, since many of these games are online. With just a little searching, you can set up a veritable brain gym for yourself and the members of your family, right on your home computer.

The game of chess has always had a reputation for being tailor made for super-intelligent people. Chess is an excellent game to improve the mind, but there are other games that can do the same thing. A lot depends on the individual who is playing the game. If a certain game is a challenge for you, and you can tell it makes you think a bit harder than you normally do, then that game will be just right for you to use in order to exercise your mind and memory.

## Get Started – Revitalize Your Brain!

### 24 brain revitalizing exercises

#### Sudoku

In Sudoku, the objective is to fill a 9 by 9 grid. Each column, row, and each of the nine 3 by 3 boxes should contain the digits from 1 to 9 for a total of 81 cells. The preferred strategy is "scanning" which can be done using cross-hatching or counting. In cross-hatching, you scan the columns and rows in order to eliminate where a number can be in a box. Counting consists of counting the numbers in a box, row or column that connect to one cell. The next step in playing Sudoku is candidate elimination. It occurs when a pair of numbers can be the only possible answer to two cells (it can also be used with three numbers in three cells).

Sudoku has uncomplicated rules with unlimited variety. There are millions of possible number combinations with many different difficulty levels. However, the basic principles are using the numbers 1-9, applying deductive reasoning to fill in the blank spaces and never repeating numbers in any box, row or column.

## Crosswords

Another popular brain exercise are crossword puzzles. They have blanks and squares that cross in horizontal and vertical patterns based on clues. The correct phrases and words are inserted in the grid from top to bottom and left to right. The words and phrases are separated by the shaded squares. It is recommended that you use a dictionary or thesaurus for reference on difficult words and phrases.

It is recommended that you start with the easiest words. It is important that you keep the theme of the puzzle in mind. It is better if you start with fill in the blanks since they are usually easier. This will allow you to crack part of the grid. You should then focus on the 3 to 5 letter words which are usually easier to solve. The other words become more difficult but if you follow these steps and are patient you will be successful.

## **Problem Solving**

It has been found that problem solving is a great technique for maintaining brain health. It is especially useful for the right side of the brain. The worksheets contain a number of test, quizzes and questions that will test your problem solving skills. The main objective of problem solving to arrive at the correct solution. It does not matter what steps you take to reach the answer. There are some more difficult problems in the worksheets including some that have mathematical formulas. However, there is a detailed step by step guide to assist you.

## Mazes

The purpose of the maze is to trace a line from the beginning to the end. You must go in one side of the maze to other side without coming to a dead end. The mazes can come in a wide range of complexities. The important thing about negotiating any maze is analyze the corridors as you through them and to always think logically. You must also keep in mind the correct routes and the previous dead ends. If are aware of these points you should be able to handle kind of maze.

## Jigsaw Puzzles

There are many benefits from solving a jigsaw puzzle. These puzzles can improve memory, facilitate critical thinking, improve visual perception, sharpen crucial coordination, stimulate creativity and benefit the entire brain. There are several jigsaw puzzles that are contained in the worksheets. You need to simply cut them out, mix up

the pieces and then put them back together in order to show a complete image. It is recommended that you start with a pattern or color that goes across several tiles. Once you do this, you work out into the rest of the puzzle.

### Spatial Awareness

The main purpose of spatial awareness training is exercise the occipital lobes which are responsible for color recognition and visual perception. The worksheets that are included focus on visual rotation and interpretation. Some of the sample exercises that are included in the worksheets include: picking out missing pieces from the middle of a diagram, cutting a cake into a certain number of pieces with a limited number of cuts. If you are patient and use your brain power you will reach your desired result.

### Stroop Tests

The purpose of Stroop tests are to examine how different factors affect the reaction time to completing a task. Brain training activities can help you to reduce your response times and improve your memory. You are asked to look at an image and to describe the color that you see in every word rather than reading the word itself. The difficulty in doing this is that there is a delay in the ability of the brain to recognize the color of the word since the brain reads words faster than it recognizes colors. These tests are very useful in neuropsychological examinations to measure the flexibility and mental vitality. This is because performing well on the Stroop test requires strong concentration.

### Memory and Attention Tests

The focus of the worksheets for the memory and attention tests is to train the parietal and frontal lobes of the brain. The parietal lobes assist in visual interpretation while the frontal lobes are responsible for memory and attention. This is very important for Alzheimers disease since it helps to unlock the plasticity of the brain. In the worksheets you are presented with a series of numbers and you must count the number of times that a particular number appears. These are difficult exercises (used for many years by the military) that stimulate you to think and to use your brain.

### Anagrams

Anagrams are words, phrases or names that are formed by rearranging the letters of another word, phrase or name. They have been found to expand your mind and to



increase and improve your vocabulary. Anagrams stimulate brain activity and are very useful in keeping your mind sharp.

One recommended strategy is to remove a two or more letters that form a suffix or prefix to a word and then do the anagram with the remaining letters. If you locate a common prefix as an example you can reduce the number of letters that you have to anagram. This is an excellent way to improve your brain health.

### Link Word Puzzles

Link word puzzles are an excellent way to work creatively with words and keep your mind sharp. The puzzles list a few words and you are required to find one word that precedes each of the words that is listed. The more of these fun puzzles that you do, the easier that they become.

### Logical Test

Logical tests are an excellent way to improve and sharpen your mind. The only requirement is that you read a question carefully and logic to arrive at the answer. The frontal lobes of the brain are utilized when you work out the problem, develop the hypotheses, test your ideas and arrive at a solution. The frontal lobes are the last parts of the brain to develop and are the first to deteriorate due to stress and the effects of time. You need to keep exercising your brain so that the neuronal circuits remain active which allows you to function better and to protect against brain aging.

### Math Questions/Pattern recognition

It has been found that math training helps brain and cognitive functions in many individuals. It can assist those who suffer from strokes, learning difficulties or even neurodegenerative diseases. The worksheets contain several useful math questions, puzzles and games. They will all help you to improve the functioning of your brain. Pattern recognition exercises require you to complete a pattern by working out the next corresponding number. There are also some more difficult math questions that require you to concentrate and relax.

### Word Games

The worksheets contain a variety of different word games. Two examples of popular word games are word links and missing links. In word links, you are given a start word and an end word. The objective of this game is to change the start word into the end

word. At each step, you create an existing word. Each step results in the substitution of a single letter. There are also word ladder games where the end word has a relationship with the start word. In the missing links game, you must find a word that connects several other words.

### Memory Tests

Memory tests allow you to train your brain and memory to help fight off problems such as Alzheimer's Disease. The memory test worksheets include many tests and worksheets that you can use to keep your mind as sharp as possible. A sample memory test requires you to print out tiles from your worksheet and lay them face down on the table. You must turn the cards over one by one and memorize their positions. If you make a match, you can remove both cards. The objective is to clear all of the cards from the table. You can make it harder by increasing the number of cards or setting a time limit.

### Simple Mah-jong

An excellent way to combat the effects of cognitive and memory difficulties and dementia is to play Mah-jong. Mah-jong is a Chinese game that involves skill, strategy and calculation.

The first step to play Mah-jong is print out a set of tiles from the worksheets. They must then be stacked and arranged in a pattern shown on the worksheets. The primary objective of the game is to build sets or pairs. While it is similar to matching pairs, the tiles can be hidden under layers which makes it more challenging. You must start by removing a tile that must be free and can be taken from the tile without removing other tiles. The aim of the game is to clear the board.

### Scrabble

Scrabble has been found to be an excellent game to push an individual's brain in order to aid in the development of their word recognition system. It is recommended that you play Scrabble with 2-4 players using a Scrabble board. You earn points in Scrabble by building words letter tiles and placing them on a grid. Each letter of the alphabet has a different point value. There are a total of 100 letter tiles and only one tile can fit in each grid space.

You can also play the game alone by printing out the worksheets. You will get the same benefits for your brain. You start by picking seven letter tiles and placing them in front of you. You place a word in the center of the board on the star square (serves as double word score). You can form the word either horizontally or vertically. You score each word that you form. Continue playing until you have used all of your tiles or you can't form any more words.

### Brain Vocabulary

The worksheets contain a number of excellent puzzles that will help you to build your brain vocabulary. They will keep your brain (a strong and powerful tool) busy and working efficiently. These puzzles will help you to build your brain vocabulary by creating new words out of existing words and by looking at words in a different way. They are fun and enjoyable and can be used by everyone.

### Language Learning

Language learning is an excellent way to stimulate your brain and to make it operate at an optimal level. Scientists have found that learning another language can actually increase the size of your brain. This is what the brain scans showed as subject were learning another language. The language worksheets utilize words and phrases from many different languages that are intended to keep your brain active and to make it work hard. You can utilize these words that you learn into your daily life by thinking about them and practicing using them. Your brain will definitely benefit.

### Decipher the **Code**

The deciphering of codes has a number of useful benefits. It can boost your cognitive abilities, improve your brain performance and help in combating several age-related brain diseases. The worksheets contain a variety of codes which you can try to decipher and in the process, boost the performance of your brain. The following types of codes are included: numbers, letters, shapes or symbols. The deciphering of these codes can be done by evaluating the options, working out the correct one and revealing the message.

## Boggle

The game of Boggle is an excellent way to stimulate your brain and to achieve better brain health. In Boggle, you start with a grid of 16 randomly placed letters. The objective of Boggle is to find as many words as possible using the following rules: the letters must be adjoining (horizontally, vertically or diagonally) in a chain, words must contain at least three letters and no cube may be used more than once in a single word. It is best to play Boggle with a time limit. When the time is up, count the letters in your words and calculate your score.

## **Creative Symmetry**

The use of creative symmetry is an excellent way to stimulate the brain. The worksheets contain a number of exercises that can help you to develop these skills. A sample exercise requires you to draw the other side of an object or person. The purpose of the exercise is to look carefully at one side and to copy it as closely as possible. This type of exercise is useful in stimulating and relaxing the brain.

## Spot the **Difference**

The spot the difference worksheets are an excellent way improve your concentration and patience. In the worksheets, you are presented with different pictures and are asked to find ten differences. They are fun to do and can be done by the whole family.

## Cryptic Brain Teasers

There are a number of worksheets that contain Cryptic Brain Teasers. These teasers are very useful in stimulating your mind and keeping it sharp. The worksheets include many different teasers at a variety of different levels that range from quick fire questions to more complicated stories. They require concentration, logic and commitment. If you do them regularly, they will strengthen your brain and improve your brain health.

## Word Searches

Another puzzle that is useful for keeping the mind sharp and improving brain health are word searches. They are word puzzles where you are required to find hidden words within other random letters. They require that you have patience as well as a quick eye. You must look for words that are written vertically, horizontally and diagonally in both directions. It means that words can actually be spelled backwards. The word search

puzzles come in a variety of skill levels. If you are patient and work at it you will be able to solve them all.

# What Is Radiant Thinking?

Radiant thinking can complement mind mapping by enhancing the thought processes that result from non-linear thinking. It is a process that can help you to maximize the untapped potential of your mind.

Radiant thinking works by acknowledging the fact that no one's mind works without connecting associations. It is not natural for the mind to work in any other way, yet many people believe that the mind works in a straight line way of thinking. Our mind is made up of a huge network of associated thoughts, and we can take advantage of the hierarchy of those thoughts by using the concepts of radiant thinking.

How many neurons do you think you have in your brain? There are really too many to count. The way you take advantage of those neurons can make a vast difference in your life. Radiant thinking shows us how the average life is spent in a way that is counter-productive to the intended purpose of life. We are not here to live in negativity, yet that is exactly what most people are doing. Those who aspire to banish the negativity from their lives can count on an existence that is entirely positive.

What if our entire world population decided to ban negativity? This is what radiant thinking is all about. A world that existed in a state of positivity and was able to ignore the negativity of life would be a world of peace and happiness, no matter what the circumstances.

## Your Beliefs Have Power

Those who subscribe to the idea of radiant thinking believe that they can have the things they want from life if they believe in them. In a radiant thinking world, nothing is impossible, and no belief system is really wrong. Beliefs have the ability to either hinder a person or to give them power.

What you believe has more power than you ever dreamed. Your beliefs zero right in on your nervous system. Earlier in this book, we spoke of the placebo effect, and how people who believe they have been given medication that is going to help them get well will actually recover from whatever was wrong with them even if the medication given to them consisted of nothing more than sugar. This is a belief system at its finest. They believed that something was so, and things turned out so that they were absolutely correct in their belief.

A person's belief system has the ability to define just how much of that individual's potential can actually be harnessed from the mind and put to use by the body. The forces within a person can go to work with positive affirmations uttered by this person in order to change their life for the better.

## **How Radiant Thinking Can Change Your Life**

How can you use the power of radiant thinking to change your own life and make it better in every way? The answer to this question is almost too simple to be believable, yet if you truly believe, it can happen for you. It is not difficult to set your own healing forces into action. A little effort and determination is all it takes! Just get used to uttering positive affirmations daily. Some people find it useful to record these affirmations on tape, then play the tape as often as you see fit each day.

You need to become very aware of your thoughts, because everything that happens to us in life starts off as a thought in someone's mind, not necessarily your own. Observe your thoughts as if you were someone other than yourself, and try not to get too caught up in them. It does not matter if these thoughts are negative or positive. You are watching them and observing them for a reason.

You will not have to do this for very long before you see a pattern emerge. It may be necessary for you to start a thought notebook in order to keep track of all of them. Write them down, both good and bad, and also note whether or not you were able to use a positive affirmation in order to banish the negative thought. Be aware of the events in your life that cause you to have negative thoughts. Analyze these events, and if the negativity created by them is severe, you may want to consider eradicating them from your life.

## **Banishing the Negative**

Negative thoughts can be more easily eliminated with the right mindset. Your imagination can be a big help to you. Using your powers of creativity and imagination together, you could imagine that you have befriended a powerful dolphin who has taken the initiative of being your good friend and protector. Imagine further that this dolphin has the ability to leap out of its home in the sea of your mind, and swallow your negative thoughts whenever they appear. Once the negative thought has been figuratively swallowed by the dolphin, replace it with a positive thought immediately.

## The Power of Imagery

Imagery can be very powerful. By taking advantage of its power, you can successfully limit the number of negative thoughts that enter your mind. While this is going on in your conscious mind, bolster your unconscious mind by surrounding yourself with positive people, if at all possible.

## Positive Surroundings Can Be Yours

If this is difficult for you, then make your home a positive oasis. Refuse to allow negativity to even cross the threshold of your abode! Think positive thoughts, read only positive books, and get yourself a book of positive quotes that were once uttered by famous people. Write some of the best quotes on index cards, and tack them up around your home. Place them on mirrors and on doors. Fasten them to the refrigerator and use them as bookmarks in your current reading material.

Place these cards anywhere and everywhere you will be able to see them on a daily basis. Make sure you do not leave the same ones in place too long. Rotate the cards on a weekly basis, and soon you will know these quotes by heart. They will be very useful for counteracting any negative thoughts that creep into your mind. This may seem like a lot of fuss, but research has proven that anytime you keep something in the back of your mind at all times, it will become a part of you. By having these quotes scattered about in the areas where you spend most of your time, your absorption of their truths will be complete.

## Recreating Yourself With Radiant Thinking

Never forget that you have the ability to recreate yourself with the power of thinking positively. Positive thinking adds new meaning to your life, and helps you to recognize the many possibilities that await you. Negative thoughts can erase possibilities, and can make you believe that nothing good or productive will ever come your way again. However, positive thinking unlocks your brain from its stagnant state, and opens the floodgates of possibility that are all yours.

You will feel the change in yourself when negativity releases its grasp on your mind. You will no longer have that hopeless feeling, no longer fear the future, and no longer doubt yourself and your capabilities. Radiant thinking causes you to become aglow with the sensation of living a life that is totally fulfilling.



## No More Negativity

Without negative thoughts, you will feel more loving toward the world and all its inhabitants. This, in turn, can cause you to feel even more content and full of joy. Your dealings with others will have a different feel about them, and those in your world will approach you in a different manner, for they will be able to see the change in you. They may want such a change in their own life, so you must be prepared to tell others about the power of radiant and positive thinking.

You will look forward to each new day and the things you will be able to accomplish. Radiant thinking can fill you with a peaceful energy. So many times, people think they are energetic, but they crash at the end of the day. A frantic pace mixed with caffeine fools them into thinking that they have energy. Their mind, however, can tell the difference, and this is why their energy never seems to last long enough for them to accomplish lasting joy and peace. Again, do you see how the whole world could benefit from radiant thinking?

While you are beginning your journey into the world of radiant thinking, it is a good idea to try and take each day as a separate entity. Don't think about the bills you need to pay, the car that needs a wash or the hole that the dog dug in the garden last weekend. Forget all those old memories that wash over you without warning, and leave you feeling empty and depressed. Be happy and cheerful, no matter what the circumstances. Take the time to enjoy the sunshine, the song of a bird, the caress of the wind on your cheek. Be at one with the world, and do not allow the negativity that is so pervasive in today's environment to touch you in any way.

## The Power of the Affirmation

With practice, every day could be like this for you. Along with your positive affirmations, radiant thinking can rejuvenate you. Affirmations are perhaps the most powerful weapon you have in your quest for improving your brain power. Never take an affirmation lightly! Affirmations do work, though perhaps not as quickly as you would like for them to.

You may be interested to learn that you do not even have to utter an affirmation aloud for it to work, and work well. Whenever you simply *think* an affirmation, it precipitates a type of vibration deep within your subconscious mind. The vibrations will overwrite what was placed in our subconscious mind previously. Since the subconscious produces

our attitude toward others and toward the world in general, and also has some bearing on our habits and behavior, it is easy to see how affirmations can help us to make our existence a positive one.

We are what we think! This has been proven time and time again, ever since the world has been inhabited by man. If you have a negative self-image that is causing you to have negative thoughts, positive affirmations can help you to repair your state of mind and make it easier for you to embrace the art of radiant thinking.

# Ways That You Can Provide Your Own Brain Training

Brain training is one of the most popular topics in the field of brain fitness and brain health. Everywhere we look it seems like we're seeing new tools to help us enhance our memory and increase our brainpower, whether it is with scientific brain fitness games, brain training software online brain power puzzles.

Don't let all these options scare you off. You don't have to buy expensive brain software if that doesn't interest you, and you don't have to start eating brain food, either! Regardless of your age, it is important to keep your memory and brain in good shape. The only negative part is that it is more difficult as we get older. It takes a little more work, but it will be worth the effort.

You can practice brain training right in your own home in your spare time. It is easy and fun and you'll be amazed at the difference it can make in your memory and knowledge level. Here are some simple tips and ideas on how you can practice brain training on your own.

Keep your senses working throughout the day. If you see a beautiful picture, make a mental note of what colors were in the picture and where you saw the picture. Take your time looking at the picture and trying to memorize every detail about it. Throughout the day, recall the image. The more you think about the details of the picture, the easier it will be for your brain to keep the memory and recall it at a later time.

Focus on one thing at a time. If you're trying to remember some detail in your life, tune out all other distractions and focus on the one detail. This can be a conversation you had with a friend or co-worker or a magazine article that you read. By focusing solely on this one thing, you're giving your memory a much needed boost.

Practice deep breathing exercises. Breathing deeply will relax your senses and allow your brain and mind to work easier. When you're trying too hard to remember something your body tends to tense up and your mind freezes. However, it is much easier to store things in your memory and recall them when you're in a relaxed state of mind.

Play word association games. When you see something you want to remember later, associate it with something you aren't likely to forget. This works especially well if you have a hard time remembering people's names.

Do a crossword puzzle every day . Even if you never done crossword puzzles, you'll be amazed at how much fun they can be and how much they'll stimulate your brain. They can be purchased in different skill levels, which can provide you and your brain with a comfortable yet stimulating challenge.

## Getting Started:

You can create Brain Games as questions, or else lateral puzzles. For example, what dog has a black tongue?

Now your mind will likely think back to all the dogs you have encountered in your life. This is what Brain Games do. The puzzles take you back to your experiences so that you can extract information to use to solve new issues. The only dog that has a black tongue is the Chow Chow.

You can also create Brain Games from numbers. The Brain Games are difficult in some instances, yet you let the puzzle open your mind to explore all angles in order to find ways to solve the figures. Other puzzles are created as trivia questions, which helps you to discover new ideas.

## Creating Your Own Brain Games

Creating your own Brain Games is a rewarding experience. Not only can you explore your creative mind, you can use the mind to create puzzles you can enjoy. You can sit and laugh over the puzzles you create, which will keep you young. The rewards are more than just laughter and youth. You will also have the benefit of enjoying an active mind. Having an active mind will keep you ahead of life's up and down games.

Puzzles are fun, yet when you create your own, you have your own fingerprints in writing that you can share with your children, friends, family, and other people. In time, you may publish your own mind puzzle book by creating your own Brain Games often.

To create your own Brain Games, you can start with names, places, words, numbers, etc. Let's try it together.

## Word puzzles:

Start building a block of words that come to mind. Write each word on paper.

Example: penny – letter – romance – center – solution – mystery –

Now, we can write a list of associating words –

Fiscal – weak – alphabet – inspired – piece – discovery – trivia – undiscovered – state of mind –

Next, review your first word list. Find the word that associates with the first word in your list. Penny – think for a few minutes about what penny means to you. We could go with fiscal, since it involves money, or we could choose weak. Weak is an option, since a penny amounts to nothing these days. On the other hand, if you apply the rule – “A penny saved is a penny earned,” you might associate the penny with fiscal. Next, consider letter.

Letter could be associated with writer or alphabet. It doesn’t matter what you choose in this instance, yet you can elevate writing letters versus alphabets and probably draw your own conclusion.

Now think of romance. Romance could be associated with undiscovered – mystery – inspired – state of mind, etc. In this case, we will associate romance with inspired, since to feel romance, you must feel inspired to guide you to that state of mind. Now think about how romance can associate with mystery and undiscovered. Draw your own conclusions. My conclusion is that you have to explore your inner self, which is a mystery often to most of us to find our skills in romance.

Center is something to discover, since you have the center of the universe to consider, middle areas, and centerpieces that go on a table – thus center associates with pieces.

Solution is something we discover. Solution is obvious in this instance, since we must discover answers to our problems. Discovery – Solution are emulsions, which we use mixtures of answers with key points to discover ways of solving our problems.

Mystery is something we also have to discover. Mystery is secrecy, or trivia. Mystery is undiscovered, since we must explore the secrecy to find solutions to the thriller or unidentified answers.

Mystery is also inspired, since when we have mystery we often feel inspired to explore the foundation to find answers. The hidden messages beneath the surface often inspire one to explore the possibilities by offering suggestions.

This is what Brain Games are – mysteries that we must discover answers to in order to solve the problem. Mystery then, is something undiscovered. Yet, what does mystery mean to you?

Brain Games include various styles of word puzzles. You also have choices of lateral puzzles, block puzzles, wooden puzzles, etc. as well as other types of Brain Games.

To save money, however, you can practice creating your own Brain Games so that you can open your mind up deeper than you would by relying on someone else doing the work for you. Using your creative skills in Brain Games is often rewarding and fun.

## **Making your own Brain Games**

It is good for all of us to be creative and use our brain and minds to learn to solve problems as well as make them. We all need to keep ourselves motivated and active. Making Brain Games and then trying to solve them will help us to learn and solve new skills on being creative.

You can make Brain Games by using what you already know and applying it in different ways to solve them.

Try this one: take a pencil and cut a string half the size tying it to the end. Slide the pencil through a buttonhole and string. Now the pencil will be looped into the buttonhole. You can challenge yourself and see if you can free the pencil from the hole. It can be done the same way as putting it on. It just makes you think because the string is only half the size of the pencil.

Make a word search puzzle using graph paper. Make a list of words and set it aside. Scramble the alphabet and see how many words you find in the scramble mess taken from the list.

You can make this same word search puzzle without a list of words. Just by searching the scrambled up ones to see how many words you can find with them.

Word puzzles can also be done like crossword puzzles only with numbers or words. Make a list of numbers or words ranging from three letters to five, whatever you want. Take one word, put it in the center, and build off that connecting the numbers or words from the list. Your words and numbers can criss cross one other in order to connect others to them.

Make your own Sudoku puzzle. Using a ruler, draw one large square in one color. In another color, make nine squares in the large one. You will have three rows across and three rows down. Inside these nine squares, draw another nine squares in each using another color to make it easier to distinguish the different squares. You should have one large square, color 1: nine squares of color 2, 3 across, and 3 going down, nine total and nine smaller squares in color 3 going across and down and nine little squares color 3 inside of color 2. Using the numbers 1 through 9, put two numbers in each of the color 3 squares.

Do not use the same number twice in each small box, color 2 or in each row or column. All there is left is to solve the puzzles by filling in all the small boxes. Begin with the color 3-box, use one through nine using each one only once, then go to the next. The object is to have one through nine used once in each row and column and small box. Be sure to have a lot of patience and a good pencil with an eraser to solve this one.

You can go on the Internet and search for Brain Games in order to find web sites that are set up for making your own puzzles. These are neat sites giving you all the information and templates to use for them.

Brain Games can be printed off to use later. Save your templates and add to them later.

Be creative and use your skill to make and learn new ones by making your own Brain Games. Enjoy your new way of learning and rebuilding your memory skills with Brain Games. Have fun with puzzles and the puzzles will reward you with great abilities.

## **Using Creative Skills in Brain Games**

Using creative skills in Brain Games allows you to explore the mind, have fun, and develop skills that you never thought you had. Creating Brain Games helps you to reap the benefits of promoting an active mind. When your mind is active, you enjoy working, playing, communicating and much more.

Brain Games are challenging. You have many options with Brain Games, including testing your mind online, buying your own Brain Games, or creating your own puzzles at home. Not only will you benefit from Brain Games, but if you ask your children to participate, they will also benefit from learning. Brain Games often include trivia, mind bogglers, words, subjects, and letters and so on. You will find a list of Brain Games online including the word puzzles, letters, lateral puzzles, block puzzles, optical illusion, wooden puzzles and more. Brain Games can be creative question/answer strategies also.

### **How creative question/answer Brain Games work:**

In the 1950s, a player missed the pitch during a tryout in the Washington Senators' game. Which player missed the tryout?

Try to use your mind to think about who this player was, rather than looking below for the answer.

Answer: Fidel Castro missed the Washington Senators' tryout.

What is the undeviating expansion amidst two individuals?

Answer: Laughter

Why is the hospital staff confused?

Answer: Patients are placed in private rooms, yet the gown given to them is broadcasted.

As you can see, the story behind question/answer Brain Games is to help you by prompting your cognitive mind and creative mind to explore possible solutions to solve the problem. Thinking abilities are greatly enhanced when you practice Brain Games often.

Teachers often use Brain Games at schools to help children develop skills. Children often learn how to play fairly with other children while enjoying Brain Games. In addition, children learn to use their thinking caps to explore possible solutions to discovering answers that fit.

Let's try some more.



What man invented the first metal helmet?

Answer:

The same man that established the first..."cross-country ski" events, introduced in Switzerland, and whom also wrote the mystery of "Sherlock Homes." (Sir Arthur Conan Doyle)

Can you tell me what president of the United States of America is on the 100-dollar bill?

Answer: A president is not on the 100-dollar bill. Benjamin Franklin's head is on the 100-dollar bill and he was not a president. In addition, his head turns in the opposite direction of other heads on American money.

Brain Games include mind bogglers. You can find puzzles that twist your mind by inspiring you to solve the mystery.

## Relaxing with Brain Games

Be creative and let Brain Games help to rebuild your memory along with increasing your IQ and give you new skills in solving problems.

Solving problems in everyday life takes skill and practice. Brain Games will help you discover new ways to solve puzzles and enhance your everyday life with more ease.

Using Brain Games will help to give your IQ a boost. In addition, it will help to give you a new look on life. The more problems you solve, the more you'll want to go on to solve harder ones. They can be very addictive and habit forming.

Brain Games come in many different forms like books, toys, and games. They can be based on age level or you can advance as you go. Puzzles can be in crosswords , word search, dot to dot and illusion forms.

The illusion form is usually a bunch of dots or spots with a picture of phrase inside it. There is usually a clue on what you are looking for such as a couple of words or an animal of some sort. By twisting and turning, you can identify the object to solve the puzzles.

Toys are fun. Toys can be carried in your pocket. You can carry them in your purse. You can also carry them in a briefcase. You can also have them on your desk or end table. These toys are bound to catch someone's eye and start a conversation.

Some toys come in cubes and you twist and turn matching up colors or numbers. There is a trick to all problem solving and finding that trick is the main key. You'll get hooked on twisting and turning to see if you can solve the puzzle. Twisting and turning can relieve a lot of unwanted stress to help you relax for the next adventure on your schedule.

Fill in time to relieve unwanted stress that causes so many different health problems with a Brain Game. The books that are on the market today are great to carry on the plane, or to relax with after a long stressful day before going to bed. These Brain Game books come in different editions, levels and even small to extra-large print for the person who has a hard time seeing. There are books for all ages and levels.

Some books are just word search puzzles. These puzzles have a list of words and a box of scrambled words. Your job is to see how many and how fast you can find the list of words. Remember these words go up and down, across and diagonal, and forwards or backwards. They may criss cross over one another making it even harder to find as the words get longer and more difficult.

Some books are in the form of crossword puzzles. They can be filled in with words from a list or you find the correct word yourself. The fill in type has a list you fill-in the words from the list to the puzzles by connecting them to each other. You might have a three-letter word already filled in and at the end is four more spaces to make a five-letter word going in a different direction. There might be five words in the list all starting with the same letter, for instance. The three letter word is THE. The five letter word might be connected to the E; in the, meaning the five letter word has to start with E as in enter. Remember the next word has to start with one of the letters in enter. If there is no word to connect to one of the letters in enter then enter is the wrong one. Make sure you have a good pencil and eraser handy because this one will make you go in circles just to get the next word to fit. Have a lot of patience with this type of puzzle because they do get complicated.

Enjoy and have fun finding your Brain Games to give you hours of entertainment and relaxation.



## Conclusion: Turn Your Brain Power On!

You can definitely turn your brain power on, using the suggestions in this book. You can use the power of your mind to get away from all of those self-defeating thoughts that are keeping you from being as successful as you can be.

You can rid yourself of the job stress that is slowly eating away at you. You can harness your true potential and make a real difference in your life by taking advantage of the power that is lying dormant in your brain. Meditation can help to relieve any stress you may experience, as well as allowing the brain to function on a higher level.

You can not only improve your memory, but condition your brain to be able to store a virtually unlimited amount of data. When you start to look after your health by making sure you are consuming the proper foods, you can improve the condition of not only your brain, but your body as well. Since your body and your brain work together as a team, it is very important for you to feed your brain the vitamins, minerals, protein and carbohydrates that it needs to function properly.

Your brain cells crave stimulation. If they are not used, they merely sit there and take up space. If you want to use the maximum potential of your brain, it's up to you to do exercises that will stimulate them. With the many games and puzzles that are available to you on the Internet for little or no cost, you can receive the vital stimulation that your brain cells are craving right this minute! Without this stimulation, your brain can only hold so much information. If you overload your brain, its performance will be sorely lacking, much like a computer hard drive that is almost filled to capacity. You must train your brain in order to see it reach its full potential!

Just because you are getting older does not mean that you are destined to develop old-age dementia or Alzheimer's disease. By enhancing your brain power with stimulation, you can see to it that you brain functions just as well at the age of 70 as it did when you were 25.

Your brain is more powerful than any computer known to man. Very few people have taken advantage of this power by taking the steps needed to improve the functioning of their brain. These same people will run, jog, lift weights, play tennis, and do all kind of various exercises in order to keep their body physically fit. It is much easier to get your brain in good shape, and best of all, no sweating or tennis elbow is involved! Take

the time needed to exercise your mind, for its fitness is just as important, if not more important than the fitness of your body.

Concentration and memory are important to students as well as those in the business world. Improving your brain power can help you to overcome the distractions of life, and can give you a memory boost that is unlike anything you have ever experienced before. Most of the time, folks who have trouble remembering and concentrating have berated themselves for the trouble they are having with these two concepts. By thinking in a positive manner, you can train your brain to concentrate, understand, and remember. Mind mapping is a powerful way to take notes on a subject in a way that will give you a visual map, complete with graphics. Mind mapping takes advantage of the way your brain actually works, and can engage your brain in a totally different way than usual. Linear thinking not only will boost your creativity and efficiency, but is fun to do!