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all five senses in unexpected ways.

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Lawrence Katz and Manning Rubin New York, NY: Workman Publishing Company, Inc., 2014, 190 pages, and softcover, \$8.49 (Kindle \$7.52)

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brain agile and healthy. By breaking her usual homecoming routine, Jane had placed her brains attentional circuits in high gear.

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HOW TO AVOID A TRAFFIC JAM IN YOUR BRAIN. When three of the George

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Washington Bridge's lanes in New York, New Jersey were closed down in 2013, traffic was almost at a complete standstill. That's exactly what happens to your brain's memory lanes when you don't keep your brain's nerve cell lanes open and healthy.

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Break a routine activity in an unexpected, novel way (novelty just for it's own sake is not highly neurobic). Take a completely new route to work. Shop at a farmer's market instead of a supermarket. Completely rearrange your workplace or home desktop or table or kitchen surfaces for a day. How Neurobics Work.

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memory is starting to slip. Devised by Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical Center, and Manning Rubin, author of "60 Ways to Relieve Stress in 60 Seconds," here is a regimen of...

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Try new sensory experiences and vary your routines within whatever range you are comfortable. Look at your life and find where you can make small changes that will not only liven up your everyday routine, but liven up your mind as well. Lawrence Katz is the co-author of "Keep Your Brain Alive: 83 Neurobic Exercises."

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LOSS AND INCREASE MENTAL FITNESS
By Lawrence Katz *Excellent Condition*.

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