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Drawing on cutting-edge neurological research, how to keep your brain alive: 83 neurobic exercises brings help to everyone whose 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

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Stress in 60 Seconds , here is a regimen of mental cross-training that can be done anywhere, by anyone, at any time of day.

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The key to keeping your brain strong and healthy is to break routines and use



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all five senses in unexpected ways.

Offbeat, fun, and easy, these 83 exercises will result in a mind fit to meet any challenge—whether remembering a name, learning a new app, or staying creative in your work.

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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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83 neurobic exercises brings help to everyone whose memory is starting to slip.

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Based on recent discoveries in brain science, Neurobics is a new form of brain exercise designed to help keep the

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brain agile and healthy. By breaking her usual homecoming routine, Jane had placed her brain's 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.

## **KEEP YOUR BRAIN ALIVE**

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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...

**Keep Your Brain Alive: 83 Neurobic... book by Manning Rubin**

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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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Lawrence Katz and Manning Rubin and  
Gary Small Overview - Over 40?



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