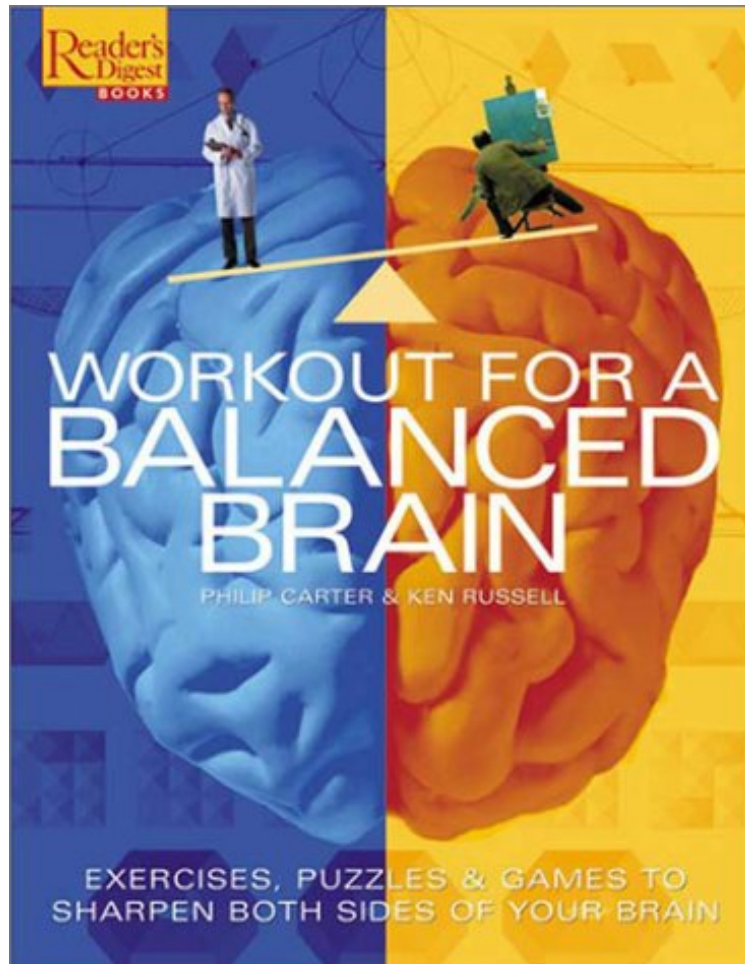


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## Workout for a Balanced Brain: Exercises, Puzzles Games to Sharpen Both Sides of Your Brain

*Ken Russell, Philip Carter*

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**Ken Russell, Philip Carter : Workout for a Balanced Brain: Exercises, Puzzles Games to Sharpen Both Sides of Your Brain** before purchasing it in order to gage whether or not it would be worth my time, and all praised Workout for a Balanced Brain: Exercises, Puzzles Games to Sharpen Both Sides of Your Brain:

0 of 0 people found the following review helpful. Five StarsBy Manuel A. BolioGreat product, fast delivery, thank you!!!0 of 0 people found the following review helpful. Brain BookBy Wendy RamseyA very good work book to develop both sides of your brain. I would highly recommend it as a fantastic work out for your brain.30 of 32 people found the following review helpful. Great, but be prepared to put in a few hours!By BecThis book is really good. It has explanations of the brain biases (left and right) and what they mean. Then it's divided into two sections - the first is full of tests to determine if you're left or right brained. The second is to help you strengthen the weaker side of your

brain. One downside is that to work out your brain hemisphere, you have to finish all of the puzzles - and there are quite a few. If you took the maximum allocated time for each puzzle, you could be there for over 9 hours looking for patterns and the like! Once you've finally finished these tests, you may not feel like doing more of the same in the second section of the book! But then, at least it's comprehensive and thorough. I thought it was really interesting.

A fun exercise regimen for the brain's weaker hemisphere-right or left. With quick-and-easy tests readers can discern how the brain works and where it needs improvement, and then build their own personalized brain workouts using exercises and puzzles to balance their brains.