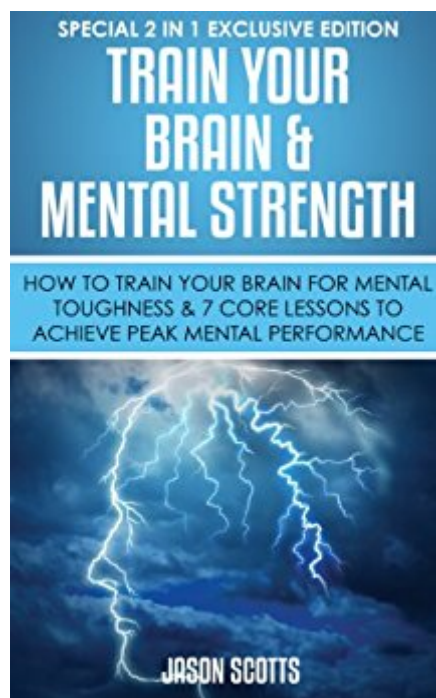




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# **Train Your Brain & Mental Strength : How To Train Your Brain For Mental Toughness & 7 Core Lessons To Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition)**



## Synopsis

Let's face it, especially these days, there's a lot going on and things are constantly coming at us to the point where overload sets in and mentally our brain is just not handling it. If that describes you, there's something you can do about it starting now. Get your hands on "Train Your Brain & Mental Strength: How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance!" You can't go wrong with this book because it's written to improve your cognitive skills and throughout the process your brain will not be overworked. Think about this as like building a figurative mental shield around your brain; one that's so tough that unless it's good for something, anything outside of it can't get in and overwhelm you. The training in this book will help you to bring about this mental toughness or shield that will in general improve your life. Once you start seeing what a positive difference these improved cognitive skills can make for you, you'll wonder why you didn't start putting these things into practice sooner. In addition, if you are one of the individuals that is seeking health and wellness on not just the physical level but the mental as well, you need to read "Train Your Brain & Mental Strength: How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance!". This text gets right to the point and explains the best techniques that can be used to improve mental performance. The author has gone to great lengths to make the text as easy to understand as he possibly can and he also has put his own seal of approval of the methods as these are things that he has tried himself and has found to be successful. Bear in mind that the test is only focusing on the core methods to improve mental performance which makes it that much easier to execute. The reader has the opportunity to try the best know methods to date and get back on track.

## Book Information

File Size: 1341 KB

Print Length: 56 pages

Publisher: Overcoming (December 16, 2013)

Publication Date: December 16, 2013

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00HMFY692

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #171,645 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11

in Kindle Store > Kindle eBooks > Medical eBooks > Nursing > Mental Health #11

in Kindle Store > Kindle eBooks > Law > Family & Health Law > Mental Health #18

in Kindle Store > Books > Law > Health & Medical Law > Mental Health

## Customer Reviews

This book is uplifting and got me thinking of different ways to stay positive and keep my mental health in a good state. I lead a very busy life looking after my son and working a hectic, stressful full time job. Plus I wake up early in the morning to get to the gym because exercise keeps me going and is one of my motivators. Sometimes we lose focus and the stress gets on top of us and we start to get run down and don't even realize it. It takes a book like this to make us realize we have to take care of our mental health as well as our physical health. I spend so much time weight lifting and focusing on becoming stronger than I neglect my mind and that's just as important if not more. Mental health requires inner strength to deal with all the challenges that life throws at you. It requires training just like that physical body needs training. This book gives you information on mental strength and how to achieve it and how to train yourself to keep it. One aspect it discusses is being more positive. Things that help with this are laughter, smiling, thinking positive thoughts, socializing with positive people, having good friends, taking care of yourself and your family and relaxing. It talks about the benefits of having positive thoughts. Each person requires different avenues and methods to finding that positive state of mind and mental strength. This book shares some ideas that might be for you such as meditation, prayer and exercise. It's a short read and sometimes that's all you need to get you back on that positive path toward good mental health. I received this book for free.

I picked up the kindle edition of Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) because it appealed to my self improvement side. So it took me a while to get some time to sit down with this book, but I'm glad I have. As it says, it helps you to train your brain. I see too many people with low self-esteem, low self confidence, stress, anxiety & other signs of mental weakness. It's truly a sad state of affairs. Mental training is huge to counteract that. Think it

and it shall be true. The mind is a complex and wonderful resource which is so underutilized. We have to train ourselves to think positively, to shield out the bad, to develop resistance... this book will help anyone looking to do just that. Just like any other muscle, the brain needs a workout to grow... puzzles, logic problems, etc. are a great way to do just that. Another is to use the cognitive abilities building suggestions in the book. Who wouldn't want to improve or achieve "peak mental performance"? How is this not at the top of everyone's to do list?The book isn't a difficult read, 19 chapters. The average read time is just over an hour, so why not give it a try?Definitely worth checking out.I did receive this product at a discounted rate in exchange for my honest review & unbiased opinion, but I still say check it out!

This book has taught me so much, starting with physical exercise which plays an important role by increasing the production of neurons in my brain, I knew physical exercise was good for my body but I had no idea how much it helps my brain also. I now understand more about the short and long term memory and how to keep both working at full capacity as long as possible. The brain training exercises listed in this book stimulates my mind and it really works. This book also give me a better understanding of Alzheimer and how it affects the human brain. Very needed information.Disclaimer: I received this book for free in exchange for an honest and unbiased review.

I did enjoy reading this book. It had a ton of useful information and all of the instructions on how to train and strengthen your brain. It was not exactly what I was expecting though. I thought it would focus more on activities or puzzles, something within the book that would help you train your brain. Get the wheels turning. That does not mean it is a bad book. It was terrific. It goes over the history and detail of why and how your brain is important, how it works and what happen under certain circumstances. It goes over a list of the games or activities that you should be looking into in order to get the best training or use of your brain. It is very informative and a handy little tool to have if you are researching ways to improve brain function. But if you are looking for a book that has the exercises in it that you need to improve your brain, this is not the one for you.

This was such and interesting and informative book. My favorite thing came at the end of the book. chapters 14 and 15 are Amnesia and Alzheimer's and how they affect the human brain. These two chapter were so enlightening. The other chapters were helpful as well. It talked about meditation and prayer as well as training your brain. It gave you definitions of things that were important for you to know. It explained why positive thinking is very important. This book is for everyone. I received

this book in order to review it

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