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- December 30, 2008

by Dr. Ryuta

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Brain By Dr Ryuta Kawashima This book was a number one bestseller in Japan, selling more than 2 million copies!

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Description : Like the body, the brain needs exercise. And Dr Ryuta Kawashima, world-renowned professor of neuroscience and the expert behind the bestselling computer game Dr Kawashima's Brain Training, will give you the tools to make your brain work better. Follow his

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deceptively simple  
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Train Your Brain: 60  
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original book sold over  
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Japan. Dr. Kawashima

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found that by performing simple mathematical calculations and reading books aloud, one could retain mental clarity and stave off the mental effects of aging.

## **Train Your Brain - Wikipedia**

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how it works. It also suggests numerous ways to enhance the way your brain works! Amazing buy and must read & follow in day to day life for everyone!  
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In 2003, Kawashima authored Train Your

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Brain: 60 Days to a Better Brain, which was a great success in Japan. When released worldwide, it sold more than 2.5 million copies. When released worldwide, it sold more than 2.5 million copies.

## **Ryuta Kawashima - Wikipedia**

On Nintendo's website, Japanese neuroscientist Ryuta Kawashima, who developed Brain

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I'm Dr. Ryuta  
Kawashima, I study the  
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calculations that can help boost brain power, improve memory and stave off the mental effects of ageing.

## **Train Your Brain : Ryuta Kawashima : 9781933241159**

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## **The Secrets of Healthy Ageing lectures - How to Train Your Brain**

After the launch of the Nintendo DS, Satoru Iwata presented him the idea of the original Brain Age; as part of the Touch Generations series, the game would consist on a series of mental exercises based upon Dr. Kawashima's Train Your Brain book.

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