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Memory By Corinne Gediman, Francis Michael Crinella**

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Abstract ID: 15112 Title: Mental Preparation to Pass the ABR Board Certification in Getting Brain Fit for the boards means taking care of your brain physically for maximum performance. followed by less than quality study time and less efficient memory absorption of the material at hand. . Commit to 10-20 minutes a day.

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[pdf]appendix 5.1: resources and suggestions for further reading

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We may believe that losing our memory and mental sharpness is something we (2006) entitled, “Brainfit – 10 Minutes a Day for a Sharper Mind and Memory”.

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I loved this book. It is clearly written. The exercises are very challenging. 10 minutes a day to exercise your brain is great. This book is easy to read. I am 86 years

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