



# Boost Your Brain

*Joel Levy*

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# Boost Your Brain

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## **Boost Your Brain** Joel Levy

Packed with more than 300 challenging exercises, *Boost Your Brain* helps target the memory challenges of modern life, like remembering PIN numbers, passwords, and matching names with faces.

With dynamic infographics, technique boxes, a scoring system, and at-home challenges, *Boost Your Brain* is a complete mental fitness regime in one book.

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