



The Ultimate Brain Trainer

Abhinav Verma

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The brain is the most complex machine in the universe. . . Here's one way of keeping it running well. Everyone knows that the brain stays fit and sharp if you exercise it. Based on the concept of Multiple Intelligences ? a holistic approach to the different kinds of intelligences you possess ? the intriguing puzzles and games in The Ultimate Brain Trainer help to keep your brain agile and versatile. Covering several brain-fitness aspects, including Logical?Mathematical Ability, Lateral Thinking, Spatial Intelligence, Observation Skills, Memory, and Linguistic Intelligence, the fun-filled exercises in this book have been meticulously curated by Abhinav Verma, a ThinkBuzan Licensed Instructor and a founder-member of Rack the Brain, a brain-enrichment organization. A special section introduces you to Mind Maps, an inventive method that can transform how you learn and record information! For anyone wanting to score smarter and better in their studies, work or life, The Ultimate Brain Trainer is the perfect mental skills workout. `This book will keep you engaged and thinking for hours. It also provides a succinct overview of IQ, Multiple Intelligences, and Mind Mapping? Toni Krasnic, author of How to Study with Mind Maps `There are different kinds of intelligence and giftedness is a many-dimensional quality. This book is a very useful source of information on this critical topic? kishore asthana, president, mensa india delhi, mensa proctor & president, underprivileged gifted child program, project dhruv `A real brain challenger catering to all types of intelligences? Sapna Dimri, The Shriram School ? Aravali, Gurgaon

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