



# **Dental Floss for the Mind: A complete program for boosting your brain power**

*Michel Noir, M.D., Ph.D Bernard Croisile*

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# Dental Floss for the Mind: A complete program for boosting your brain power

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## A dynamic program for improving memory and sharpening focus

Each year, Americans spend hundreds of millions of dollars on gym memberships, exercise equipment, and workout videos, all in the name of physical fitness. But what are they doing for their minds? In *Dental Floss for the Mind*, a leading cognitive scientist and a neurologist team up to offer you a complete program for improving memory and stimulating your mind.

This interactive guide features:

- More than 100 creative and engaging exercises of increasing difficulty to stimulate cognitive skills
- Targeted exercises for improving the five key cognitive areas: memory, attention, language skills, visual and spatial recognition, and reasoning ability
- A scoring system for assessing current status, along with prescriptive tips for improving each cognitive area

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