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Dr. Kawashima's  
Brain Training: How  
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In 2003, Kawashima  
authored Train Your  
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.  
A handheld stand-alone  
unit, Brain Trainer, was

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later developed, and  
became Brain Age:

Train Your Brain in  
Minutes a Day! for the  
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I'm Dr. Ryuta  
Kawashima, I study the  
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Dr. Ryuta Kawashima  
is the player's mental  
instructor in the Brain  
Age series of games seen  
on Nintendo DS,  
DSiWare, and Nintendo  
3DS. Dr. Kawashima

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was born on May 23, 1959. He studies the brain at Kawashima Laboratories. In the 1970s, he enrolled at Tohoku University. He has written various books on his studies, and is very well known in Japan.

Train Your Brain: 60  
Days to a Better Brain:  
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Ryuta Kawashima

Actually i bought this book with great expectation to improve my memory skills and to hone my brain activities. the book has written very easy to understand and not boring to read till the end, Ryuta described and narrated well to read the book. but moving to the area of what i was expected was not fulfilled. actually



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this book is described in  
detail about the 4 parts  
of brain and its ...

Train Your Brain: 60  
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an English-language  
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book written by Ryuta  
Kawashima. The  
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million copies in Japan.  
The original book sold  
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Brain Age: Train Your  
Brain in Minutes a  
Day!,JPN also known as  
Dr. Kawashima's Brain  
Training: How Old Is  
Your Brain? in PAL

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regions, is an entertainment video game that employs puzzles.

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This innovative brain health workbook has sold over 2.5 million copies globally! Dr. Kawashima, a prominent neurologist

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in Japan, developed this program of daily simple math calculations that can help boost your brain power, improve your memory, and stave off the mental effects of aging. The...

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Days to a Better Brain

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and stave off the mental  
effects of aging

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Wikipedia

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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Dr. Ryuta Kawashima  
(character) | Nintendo |  
Fandom

Dr. Ryuta Kawashima



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is a Japanese neuroscientist and a Professor at the Tohoku University. He is mostly known for his collaborations with Nintendo on the Brain Age series. Dr. Kawashima was born on May 23, 1959. In the 1970s, he enrolled at Tohoku University and graduated with an M.D. at the...

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Wikipedia

Brain Age: Train Your Brain in Minutes a Day!, also known as Dr. Kawashima's Brain Training: How Old Is Your Brain? in PAL regions, and Daily DS Brain Training in South Korea, is an entertainment puzzle video game. It was

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developed and published by Nintendo for the Nintendo DS. Nintendo has stated that it is an "entertainment product 'inspired' by Ryuta Kawashima's work in the neurosciences.

Dr. Ryuta Kawashima -  
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On Nintendo's website,  
Japanese neuroscientist  
Ryuta Kawashima, who

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Training, claims that  
"the more you use your  
brain in a challenging  
way, the better it can  
work".

Train your brain more :  
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Brain Age: Train Your  
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Train Your Brain 60 Days To A Better ...  
Train Your Brain by Ryuta Kawashima It was an easy read. No heavy scientific terms except for essential brain parts such as prefrontal cortex, cerebrum, cerebellum, etc. The target readers are mostly students especially the younger ones, though adults can

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interesting stuff here.

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