

# **Brainfit: 10 Minutes A Day For A Sharper Mind And Memory By Corinne Gediman**

**By Corinne Gediman**

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In as little as 10 minutes a day, followers of the Brainfit program will see results. Designed by adult learning specialist Corinne Gediman,

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Gediman decided to use her extensive experience in behavioral research and training to create Brainfit: 10 Minutes a Day for A Sharper Mind and Memory

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