

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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Cutting edge research on the brain Corinne L. Gediman, Memory Specialist and author of Brainfit: 10 Minutes a Day for a Sharper Mind and Memory

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Corinne L. Gediman is the author of Brainfit (3.74 avg rating, 23 ratings, 1 review, published 2000), Supercharge Your Memory! Corinne L. Gediman s Followers

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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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