

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

By Corinne Gediman

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Corinne Gediman, Dr. Francis Michael Crinella Ph.D. Brainfit: 10 Minutes a Day for a Sharper Mind and Memory Publisher: Thomas Nelson (October 10, 2005)

Corinne L. Gediman is the author of Brainfit (3.74 avg rating, 23 ratings, 1 review, published 2000), Supercharge Your Memory! (3.17 avg rating, 6 rating register

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Brainfit is a training program designed to reclaim your brain. In 10 to 15 minutes a day individuals who are beginning to feel the effects of memory loss will see

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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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