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8 Keys to Brain-Body Balance has 28 ratings and 5 reviews. Lisa said: I loved this. I was so happy to have a deeper dive in layman's terms into the role ...

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brain. The key to a healthy brain and improved memory is to do these consistently. • Memorization Techniques: Mnemonics are techniques for remembering information that is otherwise quite difficult to recall: A simple example is the "30 days hath September"™ rhyme for remembering the number of days in each calendar month.

Strategies to Improve Memory

Brain The brain is composed of the cerebrum, cerebellum, and brainstem (Fig. 3). Cerebrum: is the largest part of the brain and is composed of right and left hemispheres. It performs higher functions like interpreting touch, vision and hearing, as well as speech, reasoning, emotions, learning, and fine control of movement.

Anatomy of the Brain - Mayfield Clinic

These 8 KEYS TO SAFE TRAUMA RECOVERY are a contribution towards that end. This website and the Newsletter will support and encourage you as you work on your recovery. Best wishes. Babette Rothschild 8 Keys to Safe Trauma Recovery. Take-charge Strategies to Empower Your Healing.

8 Keys to Safe Trauma Recovery:

some key words related to aging successfully. For more information please read the "Staying Sharp" booklet Successful Aging and Your Brain from the Dana Alliance for Brain Initiatives, www.dana.org. Words may appear in all directions, including diagonally and backwards. R

the Staying Sharp

Neuroscience: the Science of the Brain. Inside our heads, weighing about 1.5 kg, is an astonishing living organ consisting of billions of tiny cells. It enables us to sense the world around us, to think and to talk. The human brain is the most complex organ of the body, and arguably the most complex thing on earth.

NEUROSCIENCE - McMaster University

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