

Contents

INTRODUCTION

8

SECTION ONE: 11 - 42

Executive Function

It solves problems by arranging data in cause-effect order to test for its usefulness in achieving a selected goal — discarding the useless as it goes.

14 Mental Exercises

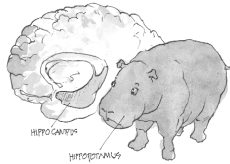


SECTION TWO: 43 - 66

Memory Functions

Memory is the mother of thinking. Focus is its father. Exercises like these build powers of concentration. Jobs that draw on memory, constantly, enlarge the hippocampus.

10 Mental Exercises



SECTION THREE: 67 - 110

Computational Function

It fits relative values into rule-driven structures. In that sense, math is a language of precisely measurable

relationships that guide the mind to conclusions, some of which are surprises, just as its sister art, music, does.

20 Mental Exercises



SECTION FOUR: 111 - 134

Spatial Function

Rotating shapes in the mind's eye is a born skill.

Architects and left-handers are usually better equipped for it. Men use it to read maps upside down, pack car trunks and build empires.

10 Mental Exercises



SECTION FIVE: 135 - 186

Language Function

Working left-hemisphere word tasks releases pleasure-feeling neurotransmitters.

And it builds vocabulary too.

Good deal?

24 Mental Exercises



SECTION SIX: 187 - 210

Social/Emotional Functions

The most human part of the brain spends most of its time telling instinct systems to cool it. Gender stuff here.

6 Mental Exercises and Tests



SOLUTIONS

211 - 221

PERFORMANCE TIPS

222