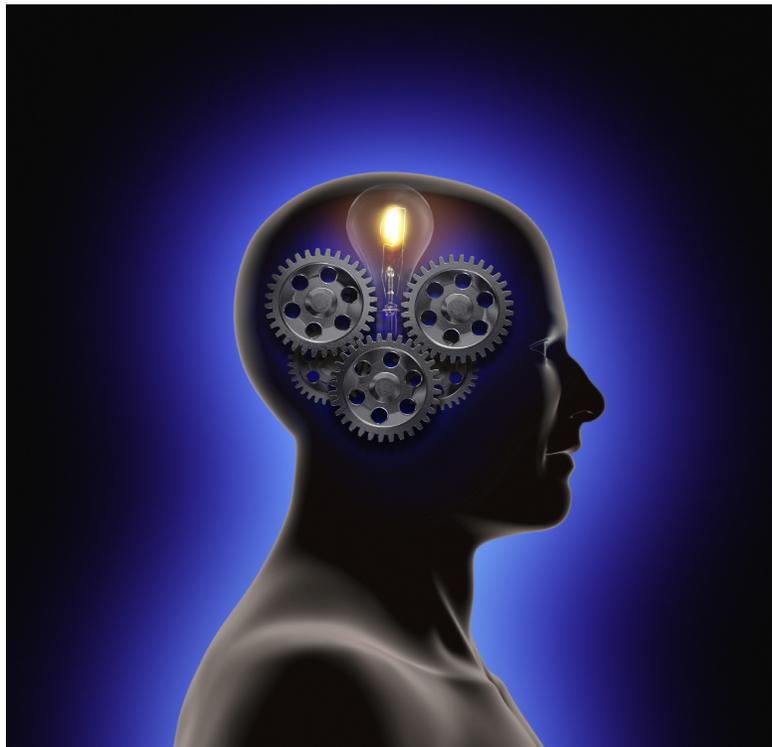


# How To Develop a Perfect Brain



**By Mark Dewar**

# How To develop a Perfect Brain

[www.perfect-brain.com](http://www.perfect-brain.com)

**'Nothing is impossible once you  
will it'**

**(Unknown)**

# How To develop a Perfect Brain

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**Disclaimer: This book is not intended to treat, cure or diagnose any medical problems, nor does it claim to do so. Please see your doctor if you have any concerns over your brain health.**

# How To develop a Perfect Brain

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# How To develop a Perfect Brain

## 1 Introduction

Welcome to 'How to Develop a Perfect Brain'. My name is Mark Dewar and I would like to share a short story with you. I first embarked upon brain training when at the age of 54, I noticed that my ability to recall information was very poor. However, it wasn't always like this.

Originally, my background is in mechanical engineering. I started work as an engineer installing steel mill lines and although the job was great, I was made redundant when the steel mill industry collapsed in the 1980's. I spent the next few years building my own business as a tools specialist. I dabbled with lots of different businesses over the years, from real estate to health food shops and much in between.

When my children flew the nest, I found that I gradually became worse at everyday tasks requiring me to think. I lost my confidence along with my ability to remember things. Simple everyday tasks became a nightmare as I struggled to recall names and places. My family would talk to me and although I heard every word, I found it difficult to take in what they were saying and remember anything.

As you can imagine, this really affected my self-esteem. I felt stupid and worthless and considered myself useless to everyone. My poor memory made me feel depressed and angry. Because there was a family history of Alzheimer's disease, I was convinced I was succumbing to the dreaded disease as well. My doctor did several tests, all of which came back negative – they could not find anything and I was told there was nothing wrong with me.

This put my fears to rest and I now knew that my memory problems were more to do with natural aging than to do with Alzheimer's or dementia. I decided to take control of my life and started to learn how to train my brain to act and think better, and to encourage my brain to be more youthful – in other words, I was aiming to have the memory of a young person.

I spent all of my spare time learning about brain improvement and putting into practice what I had learnt. It paid off – I no longer have problems with my memory, and I am still seeing improvements in my mental abilities daily.

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Years of studying led to the development of [www.perfect-brain.com](http://www.perfect-brain.com). This website is dedicated to training your brain to be the best it can possibly be regardless of age.

This ebook is an accumulation of years of research into the very best that science has to offer on brain development. I can personally assure you that no matter what your age or ability, you too can improve your brain with consistent practice of the different ideas presented in this book.

Here's to a more perfect brain!

Mark Dewar.

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## Overview of 'How to Develop a Perfect Brain'

I want you to fully understand what it takes to develop a perfect brain. There are so many different things that can affect the way you learn, and it is essential that you are fully aware of these before you embark upon brain training.

Here is what you will expect to learn from this ebook:

### 1. How the brain works

- a. Anatomy of the brain
- b. Short Term memory
- c. Long term memory

### 2. Nature Vs Nurture

- a. Diet and supplements
- b. Omega 3
- c. Training

### 3. Natural aging and brain activity

- a. Factors affecting brain development
- b. Brain plasticity

### 4. The Value of Sleep

- a. Sleep and memory
- b. Sleep and brain activity

### 5. Empower your brain

- a. Brain activity
- b. Meditation
- c. Gamma meditation

### 6. Developing Thought Control

- a. a specific exercise to increase concentration

### 7. Yoga for a Healthy Brain and Body

### 8. Brain training methods

- a. Short term memory

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- b. Long term memory
- c. Brain games

### 9. Create your own plan

- a. Charts
- b. Outline plan
- c. Challenge your brain

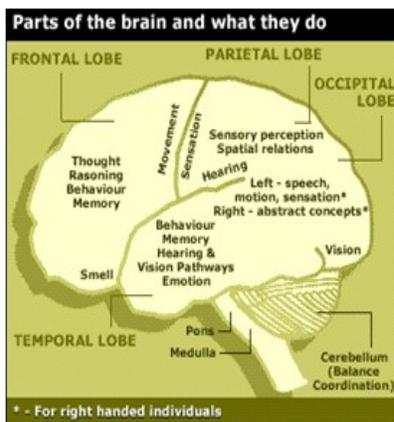
As you can see, there is much to learn, so let's dive straight in...

# How To develop a Perfect Brain

## 1 How The Brain Works

Regardless of your age, brain training works because it helps to strengthen the mind and enhance clarity and understanding. Your memory will improve and you will find recall easier. In order to fully understand how brain training affects our memories, it is useful to have an insight into how the brain works, and more specifically, how memories are processed and stored.

### *Anatomy of the Brain*



(Taken from <http://serendip.brynmawr.edu/bb/neuro/neuro06/web1/abryant.html>)

This diagram shows the various parts of the brain and their primary functions. The brain is split into two hemispheres – the right and the left. Each hemisphere is responsible for a different set of tasks.

The right hemisphere is responsible for all movement and sensation in the left side of the body. It allows us to appreciate music, recognize faces and objects, provide spatial awareness and help us abide by social rules. It is the part of the brain that is subjective, random, intuitive and looks at the big picture. It is the creative part of us, focusing on feelings and emotion.

The left hemisphere is responsible for all movement and sensation in the right side of the body. It is the part of the brain that is objective, logical, rational and analytical. Those people that engage their left brain more than their right brain will look at the parts of a scenario and scrutinize each section instead of looking at the big picture.

Left brain thinkers are logical and practical and look at solutions. They are often perfectionists and prefer science and maths over more 'arty' subjects. Right brain thinkers love the arts and are adept at being in tune with their emotional needs. They are very creative and love to learn through creative processes.

Why is it important to understand these two differences in the way that the brain works? Because in order to improve brain function, you need to have a good balance between left brain and right brain activities. Completing activities that engage both parts of the brain are better to achieve a 'whole brain' thinking approach. Whole brain thinkers are excellent at all

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types of activities and are not only creative, but logical and ordered too. We shall look at the different activities suited to both right and left brain thinkers later.

### *The Effect of Brain Waves on Brain Activity*

The brain uses electromagnetic energy in order to function correctly. All electrical activity from the brain is described as brainwaves. Brainwaves are nothing more than electrical activity in the brain which controls certain behaviours. There are four distinct types of brain waves, each responsible for something different.

1. **Beta brain waves** – used when talking, thinking logically, concentrating and used in general when alert and awake.
2. **Alpha brain waves** – used when relaxing, hypnotized and in meditation. Any state where you are not aroused or stimulated mentally requires alpha brain waves.
3. **Theta brain waves** – employed during any type of dreaming, creativity and meditating. Theta waves are significant during paranormal experiences such as out of body experiences, ESP and mind journeys.
4. **Delta brain waves** – these are predominant in deep dreamless sleep.

In order to attain a highly responsive brain, we need to do activities that stimulate various parts of the brain and use the different brain waves. Buddhist Monks meditate daily and various studies have found that they are calmer, more relaxed, more positive and in general have more self-control than people who do not meditate.

We shall look at meditation in more detail later.

### ***Brain Thought***

Your thoughts are considered to be a mental activity – either conscious or unconscious. How we perceive the world is limited by our knowledge of certain things. Those that think and contemplate about life and the world around them have the ability to change their life for the better. This is part of the process of brain training – to not only improve your mind, but to improve the way you view your world so that you are able to learn new things and embrace new experiences.

Here is some food for thought – What you are thinking is the most important aspect of mind improvement. You need to think positively and think in a controlled way. Thinking requires practice and is essential in improving your mind.

Random thoughts do nothing to improve your brain. Instead, control over your thoughts is necessary to build discipline and help improve your overall brain health. Those in the know

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have identified thinking as an art. The more you do it, the better you get. Regardless of who you are, you must practice daily to master the discipline. It is a case of 'use it or lose it.'

By tapping into the various brain waves we have during regular meditation, we are able to drastically improve our ability to think, memorize, recall and learn. We can also use meditation to improve both long and short term memory.

Cognition is the ability to perceive, think, know, judge and be aware. It is the process of consciously thinking about something. Brain training allows us to have better cognition skills so we are able to make informed decisions about every aspect of our life.

Memory plays a huge part of brain training. In order to improve our memories and the ability to recall information, it is useful to have an insight into the different parts of our memory and how they function.

### ***Short Term Memory***

Short term memory is the ability to store information temporarily in the brain for recall later on. It is information you store for a brief period because it is not important for long term use. This would include tasks you need to do during the day. Several days later, you would not remember what you did on a particular day because it was not stored for further use.

Short term memory is also known as present memory or working memory as it is only concerned with what is happening now. On average, you are only able to remember about 7 items or things in a list, and then very soon afterwards, you would forget.

Short term memory is often coupled with a plan of action. An example would be that you have an appointment at 5pm and the action would be to physically get there. To learn something and remember it would require you to rehearse or actively go over the information several times before it is stored in the long term memory.

It is important to note that short term memory cannot be improved by reading a book, or listening to audio or by taking special pills etc. Having a better short term memory is highly dependent on good nutrition and a healthy brain.

You should focus on feeding your body the correct nutrients it needs in order to function properly. The brain is always working and because it is so metabolically active, it produces lots of free radicals – these are molecules that damage the surrounding brain cells causing aging and disease.

Eating foods high in antioxidants helps to ward off and fight free radical damage. They help protect the brain from disease. Omega-3 is essential to the functioning of the brain as are other nutrients. You will find more information on the correct foods to eat in the next section.

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You should also keep your intake of sugar to a minimum, as this is one of the biggest producers of free radical damage in the body. It is the basis of inflammation and disease and is classed as an empty nutrient – in other words it has no nutritional value.

Taking a multi-vitamin and mineral supplement daily will ensure your body has all the nutrients it needs to be healthy and to keep your mind alert and healthy too.

### ***Long Term Memory***

Long term memory is the ability to hold important information for as long as is needed. This type of memory will allow you to remember events from years ago and will help you learn information for exams and tests etc.

Memories in long term memory can be held for days, weeks, years or permanently depending on your need. Your ability to recall the information from your long term memory is dependent on many things. These include personal experiences, emotions and the importance of that particular piece of information. The more important a memory is, the more effort we make in consciously remembering it.

Highly important memories make recall easy. The goal of brain training is to increase your long term memory and improve recall. A good way to support memory recall is by including omega-3 in your diet in the form of oily fish such as salmon, or by taking a supplement.

You should limit your intake of processed foods, especially foods containing aspartame, MSG, aluminium from deodorants and pesticides. These all contribute to free radical damage.

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## 3 Nature Vs Nurture

There is a great debate amongst scientists who argue between the effect of nature and nurture on the brain and intelligence. Scientists who live in the nature camp believe that intelligence and the capacity for the human brain is innate – it is something that we are born with.

However, scientists that argue that nurture plays the greatest role appear to be closer to the truth. The environment we live in shapes everything from our emotions to the way we think, act and learn. The more resources we have from an earlier age, the better we humans tend to be in the brain development area.

The truth lies somewhere between nature and nurture. We are all born with a certain mental capacity, and this is proven time and again with numerous examples of children born into average intelligence households showing extraordinary signs of intelligence. These prodigies are highly in tune with their surroundings and absorb information like a sponge. They are constantly willing to learn and understand and have an insatiable appetite for knowledge.

Other children are not born gifted, but with the right guidance, help and support, are able to achieve great things. This is true of most people. Give someone who has a willingness to learn the tools that they need to succeed, and they will. It is true that you have to want to be brilliant in order to be brilliant. All the resources in the world will not help someone develop a great mind if they are simply not interested in wanting to expand their mind.

There are lots of things that can be done to help nurture your inner ability to become more adept at learning. It really makes no difference how old you are or what your background is. Everyone can benefit from brain training and everyone can show a dramatic improvement in cognitive ability.

Apart from the physical brain training program, there are many things we can do in order to achieve great results. Additional ways we can help ourselves to better brains is by looking at what we feed ourselves. Instead of filling your body with food for the sake of eating, you need to start nourishing your body and nourishing your brain with food that is not only good for it, but food that studies have shown to improve mental clarity.

### ***Diet and Supplements***

Your brain is a non-stop working machine that never rests, day or night. In order for it to

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perform at its peak best, you need to sustain it with foods that are conducive to learning and brain health.

Just as an athlete requires a controlled and balanced diet of exact and specific requirements to fuel the muscles and enhance performance, so too does your brain. If you do not fuel your brain with the right foods, then performance will always be compromised, no matter how smart you are.

Some foods which are known to be excellent brain fuel include:

1. Oysters – these contain high levels of zinc and iron – two minerals shown to improve memory recall and keep a sharp mind. They help the brain to focus and remember information easily. Zinc and iron deficiency contributes to poor memory and concentration.
2. Whole grains and rice – These contain vitamin B6 and thiamine – both of which improve overall brain function and memory. They are responsible for increasing blood flow to the brain, which helps bring oxygen and nutrients to the brain tissue and effectively feed it with powerful brain boosters. Grains and rice include brown rice, oats, wheat and whole grain breads.
3. Green tea and black tea contains catechins. Catechin is needed to keep the mind sharp, agile and fresh, as well as functioning properly. Tea helps boost flagging spirits and fight fatigue, so is ideal as a pick me up.
4. Eggs – eating eggs regularly helps to resist the natural aging process of the brain because they contain vitamin B12 and lecithin. These help prevent the brain from shrinking – a characteristic of Alzheimer's disease. The egg yolk contains choline which is necessary to build brain cells and improve memory. It is recommended to eat at least three eggs a week.
5. Curry and spices – Many spices are bursting with antioxidants that prevent your cognitive function from deteriorating and also prevent brain aging. The primary role of antioxidants is to fight free radical damage which is responsible for inflammation and disease within the body. Most of the main spices contain antioxidants, in particular coriander, chilli, cinnamon, cumin, mace, bay, cloves, turmeric, pepper, paprika and fennel.
6. Berries such as blackberries, blueberries and raspberries are full of antioxidants. Like spices, they too help with cognitive function and prevent brain aging. In fact, studies have

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shown that berries are able to reverse the signs of aging in the brain. They also contain fisetins and flavenoids, which not only improve memory but also quicken recall.

7. Nuts and seeds – These are full of essential fatty acids such as omega 3 and 6, as well as containing folate, vitamin E, and vitamin B6. Together, these key nutrients help with clarity of thought and as natural anti depressants. Some seeds and nuts are also full of thiamine and magnesium which aid the memory and cognitive function of the brain. Include peanuts, pecans, walnuts, almonds, cashews, hazelnuts, sunflower seeds and pumpkin seeds in your diet.

8. Green leafy vegetables such as cabbage, kale, spinach and mixed greens are full of vitamins B6, B12, iron and folate. These are essential to break down homocysteine levels, which in very high levels can accelerate the onset of Alzheimer's disease.

9. Fish such as wild salmon, halibut, sardines and herring as well as other deep water fish are full of Omega-3. Omega-3 is an essential fatty acid that is very beneficial to the body in many ways. The latest findings suggest that to significantly reduce the chance of getting Alzheimer's, it is recommended that you eat at least three portions of oily fish a week.

10. Dark chocolate is full of the antioxidants known as flavenoids. This encourages high cognitive function, although you would need to eat chocolate containing 80-88% cocoa mass for it to help with brain function. You only need to eat a small amount, as it can be quite bitter.

It is also worth noting that there are many ways to supplement your diet and include beneficial nutrients to improve your brain function.

1. Matcha tea – this comes from the whole leaf of green tea, but in a highly potent form. It contains 70 times more antioxidants than orange juice and has been shown in study after study to outstrip green tea's ability in fighting aging, improving health and mental clarity as well as helping to prevent serious diseases such as cancer. Matcha tea is drunk by the Japanese – a race well known to live longer than any other as well as having the lowest incidence of degenerative diseases.

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Matcha tea has a host of other benefits too. It is immune boosting and enhances mental alertness as well as sharpening the mind and having an exceptionally calming effect on people. It is drunk by Japanese Monks who are known to meditate for 12 hours at a time. It is highly recommended to drink this daily.

2. Rooibos tea – Also known as rebush or red tea, rooibos has lots of health benefits including the ability to calm and relax the body as well as preventing brain cell degeneration and diseases associated with it (such as Alzheimer's and Parkinson's disease) Rooibos tea protects the brain and nervous system from cell attack and hence is considered excellent for improving overall brain health.

3. Turmeric – the University of California recently conducted a study with turmeric and found that it had the remarkable ability to destroy the brain clogging proteins that are characteristic of Alzheimer's. Adding turmeric to curries and stews is a great way to use this spice.

4. Sage – an excellent antioxidant rich herb that helps maintain the brain's concentration and focus. As a supplement, it can help with improving Alzheimer's.

5. Hemp seed – this is an excellent source of protein and also contains lots of vitamins and mineral required for good brain health. It is also an excellent source of omega-3 and omega-6, so ideal for vegetarians. The brain relies heavily on essential fatty acids (EFA's which are different types of fats essential to overall health) and using hemp is an excellent source. It is especially good for improving memory function and preventing Alzheimer's and Parkinson's.

6. Acai berry – this is found in the Amazonian rainforest and classed as a super food with extremely high and potent levels of antioxidants within them. Acai berry helps prevent degenerative cell diseases as well as providing energy and stamina for users.

7. Gogi berries – these are great mood enhancers, so ideal for sufferers of depression. They are excellent for helping overcome stress, injury and illness. More specifically, gogi berries help support overall brain health.

8. Oregano – known as a super herb, it contains 40 times more antioxidants than apples!

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Added to all savory dishes it has a great taste and helps brain function too.

### ***Omega-3***

Omega-3 oils are an essential nutrient for healthy brain development and memory recall ability. These are primarily essential fatty acids and are found in oily fish such as wild salmon, halibut, herrings, tuna, sardines and mackerel.

Studies have shown that Inuits who eat a diet high in these types of fat have almost no incidence of Alzheimer's or other highly inflammatory diseases within them. This is a direct result of omega-3 having an excellent ability to: suppress inflammation, reverse the signs of aging, maintain strong joints and muscles, regulate hormones, keep the heart healthy and generally keep the mind and body very fit.

New England Journal also found that incidences of inflammatory diseases were very rare among the Inuits, and that this was a direct result of the fish-rich diet that they consumed.

To add further weight to the study of omega-3 oils, the Food and Drug Administration (FDA) gave the oils a health claim in 2004 because of their ability to prevent and reverse the risk of chronic and degenerative diseases.

An Alzheimer's study was conducted in conjunction with the National Institute of Aging which showed that patients who suffered from mild memory loss were found to have improved mental alertness after taking 900mg of omega fat DHA for a period of six months. It has been suggested that DHA supplementation helps to improve Alzheimer's and also improve memory loss as a result of age (Catalan, 2002).

What does this mean for you? It shows that consuming oily fish on a regular basis not only reverses the signs of aging and keeps you youthful, but also keeps your brain young and active by improving memory.

You can easily add either supplements to your diet if you don't like fish, or you can make a point of eating them at least three times a week. Grilled or baked is healthiest and will not require additional oil to cook it.

### ***Brain Exercise***

Exercise is just as beneficial to the brain as it is to the body. It helps increase circulation and blood flow, boosting oxygen and nutrients to the brain. To gain the benefits of exercise without straining the body, power walking is an excellent and easily accessible workout.

Walking between 30-60 minutes daily can have dramatic health benefits such as burning fat,

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reducing blood pressure and increasing brain function. Walking at a pace of around 3-4 mph is recommended to get the most benefit from this exercise.

It is not necessary to pound the body's joints with strenuous exercise to get the same benefits as walking. Your brain needs 12 times more oxygen than other parts of your body, and hence it is essential that you workout regularly to provide your brain with the oxygen it needs to function properly.

If you want to increase the brain health benefits of exercise, then some of the best workouts include structured dancing such as ballroom and foxtrot, Qigong and martial arts. The intricate and precise movements of these disciplines help fire up the neurons – the connections within the brain that increase brain function and keep your brain active.

Qigong is excellent at calming your mind and body, helping you to meditate, focus, strengthen the body and gain control over your body. Daily sessions of around 20 minutes are excellent to help your overall health and well being.

Yoga is another practice that helps increase blood flow around the body - and in particular to the brain. As well as keeping you limber, the body and brain benefit from an energizing yoga work out which can help to keep you young.

Of course, all types of exercise help to get the blood flow and circulation going. Pick something you enjoy doing and ensure that you are consistent in doing it. Always aim for a minimum of 20-30 minutes at any one time at least four or five days a week.

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## 4 Natural Aging and Brain Activity

### ***Factors Affecting Brain Development***

Unlike the body which deteriorates with age regardless of what you do, the brain has the remarkable capability of staying young with the correct nutrition, exercise and training.

There are numerous studies pointing to people over the age of a hundred with a perfect brain. The body has aged, but the mind has not. What makes these people so special? It is their approach to life – they eat well, they exercise and they keep their minds sharp by engaging their grey matter as much as possible.

Time and again, scientists have found that aging of the brain is linked directly to a lack of proper nutrition, lack of exercise and lack of stimulation. There is the thought that if you believe you are of low intelligence and do nothing to change it, you will stay this way.

Noted scientist Michael Merzenich claimed that:

***“anti brain aging exercises may be as useful as drugs to treat diseases as severe as schizophrenia - that plasticity exists from cradle to the grave, and that radical improvements in cognitive functioning - how we learn, think, perceive, and remember are possible even in the elderly.”***

What Merzenich is saying is that the brain has huge potential to be brilliant but only if we allow it to. He also suggests that aging of the brain is not a definite given, nor does it have to be something we need to fear as we get older.

### ***Brain Plasticity***

Brain plasticity or neuroplasticity is defined as the brain's ability to change due to environmental stimulation. This means that anyone can change their natural abilities and overcome their limitations by creating an optimum environment for their mind to develop and expand.

Those people who are born with 'limited cognition' can and do respond to support and help to improve their cognitive skills. It is making the best of what you have using the correct tools.

Not too long ago, it was believed that we were born with a limited number of brain cells and nervous pathways known as neural networks (these convey messages to the rest of the body) and that these both decreased with age.

We now know thanks to the work of Merzenich and others that this is far from the truth. It has

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been shown that the brain has the ability to create new cells and new neural pathways in response to the correct stimulation. In other words, the brain has the amazing ability to learn and to increase in intelligence regardless of age. The word used to describe this amazing ability to expand the cells and neurones is 'neurogenesis'.

General brain aging is classed as the loss of the function of brain cells and the decline of neural networks. With the correct training, nutrition and exercise, we are able to maintain and rebuild the networks of the mind and re-activate the use of our cells. This plasticity applies to anyone who follows a dedicated program to enhance the development of their brain.

## 5 The Value of Sleep

Scientists once thought that sleep was needed in order to rest the mind and body. It is now known that sleep is in fact a pre-requisite for thought processes and creativity. In particular, sleep is needed to consolidate our memories and help the brain to organise information to improve recall and other functions.

### *Sleep and memory*

Napping and regular night sleep have been shown to enhance memory and learning. Science has found that people who lack sleep are unable to focus or concentrate on tasks and that learning is limited and lacking.

People who sleep well especially after learning have better memories and better recall than those who have poor sleep. Sleep helps to consolidate memories which is necessary in learning new information.

The ability to remember and learn is defined by three functions of the brain:

- *Acquisition* – This is when the brain is presented with new information
- *Consolidation* - is when the brain memorizes the new information
- *Recall* – is when the brain is able to remember this new information

Memory is incomplete without these three steps. Research suggests that the consolidation phase occurs during sleep, so a lack of sleep would interfere with this process leading to poor recall.

Sleep deprivation has a profound effect on memory, resulting in confusion and poor recall of events and important information. It is essential that anyone who wants to improve their brain function should have sufficient sleep.

It is no co-incidence then that babies sleep an extraordinary amount and nap during the day. It is a fact that 80% of a person's learning is done during the first 5 years of life, as a baby learns to walk, talk, crawl and do the simplest of tasks.

Newborns need around 18 hours of sleep during the early days, and over the course of the first year, it lessens to around 15 hours. By the age of 3, children need around 12-13 hours of sleep a night. This gradually lessens as the child gets older.

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Adults are recommended to have a minimum of 7-8 hours sleep a night. Sleep deprivation has a serious impact on both children and adults. Children who do not get adequate rest during the night struggle with concentration and tasks requiring them to learn and remember new things.

The same is true of adults. Poor memory is often associated with a lack of good quality sleep.

### ***Sleep and Brain Activity***

During sleep, your brain is active and goes through various phases including a period of increased activity. As you dip in and out of light and deep sleep interspersed with dream sleep and REM sleep, your brain increases in activity at certain points.

REM means rapid eye movement. REM sleep is a period of sleep when you can actually see a person's eyes darting around during sleep. It is thought that this particular type of sleep is responsible for storing information learnt throughout the day. It is as if the mind is filing away all important information in its designated stores.

In particular, REM sleep is associated with what is known as procedural memory. This type of memory is task related (such as a 'how to' task like driving a car).

There is numerous evidence to support the fact that sleeping after learning something new actually enhances learning and makes it easier to recall information when awake.

More often than not, people who 'sleep on it' are full of creativity and new ideas the next day, or after a nap. It is as if the mind has had a chance to ponder the information and link it to something new.

One of the aspects of improving your mind and the ability to enhance your learning is allowing yourself the chance to 'sleep on it.' Get into the habit of keeping a notepad and pen next to your bed for those middle of the night strokes of genius.

Also, if you do not sleep at least 7-8 hours daily, you need to schedule in a nap during the day and start getting into the habit of sleeping at the same time every day. It is essential that you get adequate rest in order to keep brain function at an optimum level.

### ***Ways to Help You Sleep Better***

Here are some tips to ensure a peaceful night's sleep, whatever your age.

- Make a regular bedtime and stick to it – your body has its own internal body clock. If your sleeping and waking times are highly irregular, your body becomes confused, leading to poor sleep. Sleeping the same time **and** waking around the same time everyday gets your body

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clock in sync and makes it easier to sleep well

- Relax in the evenings and don't do anything to over-stimulate your mind or body such as strenuous exercise. It makes it harder for your mind to switch off
- Take a warm bath and preferably use lavender essential oil in the bath or a lavender bath soak. It will help to calm and relax you, inducing sleep
- Create a cozy sleep environment – clean fresh sheets, a nice plump pillow, a firm mattress, soft duvet and a clean room all help make an inviting environment which is conducive to sleep
- Read a good book – not only will it calm and relax you, it gives you a good distraction from daily life, and is particularly beneficial for those of you who find it hard to switch off when you go to bed
- Drink a warm milky drink – this is a weird one, but it works. It evokes childhood memories of milk as the last drink you had as a baby before sleep. It is comforting and relaxing, so excellent before bedtime
- Eat a banana. These contain tryptophan – a chemical which helps you to sleep. One food which isn't well known as a sleep inducer is lettuce, but it does work. Ensure your last meal includes a salad with lettuce in it
- Avoid alcohol and caffeine as they are stimulants and keep you alert. Also avoid chocolate after 4pm as this can also have a stimulating effect
- If you are a serial worrier and lie awake at night thinking too much, then STOP! Before bedtime, allocate yourself a 'worry time' of say 20 minutes or so and scribble down all the things concerning you. Then stop worrying, get stuck into a good book. It really does help
- Invest in blackout curtains if you are woken by early morning sunrises. The darker the room the easier it is to sleep and the longer you will sleep
- Deal with stresses during the day. It is well known that stress is a major cause of insomnia. Find ways to deal with it and sleep better in days
- Get intimate! It really helps to relax your body and focus your energy elsewhere, easing you into sleep
- Have a massage – for those lucky enough to have a partner, a soothing massage of either the head or back really helps to relax the body, especially if you use long, slow strokes
- Sprinkle lavender essential oil onto your pillow – it has a sedative effect and helps to calm and relax you

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Hopefully the above suggestions will enable you to sleep better and for longer. Good sleep means better brain function. If you have to, schedule an early night at least twice a week and get the rest you need.

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## 6 Empower Your Brain

### Brain Activity

Brain activity is of vital importance, especially during brain training. It is essential to understand how deep meditative states affect your brain and what benefits you can achieve from experiencing meditation.

Meditation is needed to have a powerful and healthy mind as well as a powerful and healthy body. During meditation, you use different types of brain waves, but most notably theta and delta. Now, you may be thinking that it is no big deal, but once you understand these waves, you will definitely want to experience meditation yourself.

Theta brain waves are amazing and also elusive. These waves typically occur between sleeping and waking. Theta means you are literally in a waking dream. You are able to sense things you normally wouldn't and things become much clearer. Those in theta experience a sense of euphoria as endorphins are released in the body making you feel as if you are on a high.

You have heightened receptivity and can access information which you may not otherwise have been able to. It is an almost magical state to be in because in theta, you are able to go on incredible mind journeys and experience things you normally couldn't or wouldn't such as sounds, tastes and textures. Theta is also a highly creative state and gives you deep insight into many things.

An important point to consider – information learned in theta is stored in the long term memory with ease. Thus, using meditation audio CD's is extremely helpful in literally expanding your mind and experiencing super enhanced learning. It is like learning on steroids and then some.

Delta is the other brain wave associated with meditation. Delta is what you experience in very deep sleep and only those who meditate regularly are able to access this while remaining awake. Delta helps to heal and regenerate the body, so is ideal if you are stressed and in some sort of pain.

Delta is also useful for those who want to access their subconscious mind and want to reprogram it for all sorts of reasons such as eating disorders and resolving drug/alcohol dependency.

There are other brain wave types such as alpha and beta, but for the purposes of brain training and restoring a healthy mind, we will focus on theta and delta.

# How To develop a Perfect Brain

## **Meditation**

Strange as it may seem, but the keys to unlocking a powerful mind comes from none other than meditation. We are not talking about hiding on a mountain someplace for days on end, although you could do if you wanted to!

Meditation is the practice of focusing to relax the mind and body and instill calmness throughout both. Studies have found that meditation is a very deep form of relaxation which can reduce stress levels, lower the heart rate, reduce the amount of cortisol in the body (the stress hormone), calm your breathing and finally help focus your thoughts.

Indeed, several studies have pointed to the fact that a person in deep meditation is able to access theta and delta waves which are associated with deep restful sleep and complete body relaxation.

Another benefit of meditation is that certain programs which rotate through each of the brain waves and help them meld together encourages synchrony of both the left and right hand sides of the brain. In other words, meditation helps balance these two parts of the brain so that they are in sync with one another and we achieve what is known as 'whole brain thinking.'

Whole brain thinking is associated with increased creativity, enhanced learning, improved insight and problem solving ability. It basically gives you the edge and allows you to perform better in daily tasks.

The easiest and most convenient way to meditate is to use meditation CD's which are readily available from [www.perfect-brain.com](http://www.perfect-brain.com). You do nothing more than plug them in and play to help tap into your mind and unlock its potential.

## **Gamma Meditation**

Gamma waves do not occur during sleep. They are another brain wave type associated with the conscious mind and are responsible for:

- Increasing memory
- High level intelligence
- Advanced learning
- High level of focus

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- Positivity
- Improved perception
- Natural antidepressant
- Increasing compassion
- Improved health
- Clearer mind
- Peak concentration

Gamma is ideal for meditating as it can be easily accessed by everyone. Studies have proved that those in gamma experience greater mental acuity, heightened perception and a deep link and profound compassion for the world around them. Gamma is ideal for everyone who wants to feel happier, more positive, have more self awareness and also have enhanced creativity and learning experiences.

In short, meditation has benefits on many levels and can have a profound effect on your emotions as well as your intelligence. No brain training program would be complete without it. The great benefit about using meditation CDs is that you can play them before sleeping or to help you relax during the day.

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## 7 Developing Thought Control

One of the amazing abilities of humans is being able to exert complete control over their minds. No more distractions and no more wandering of the mind. To develop thought control requires consistent practice to enable you to have razor sharp focus.

The benefits of thought control are numerous:

- Enhanced learning ability
- Prevention of random thoughts
- Laser like focus
- Increased concentration span
- Better memory retention and recall
- Excelling in studies
- General excellence in all areas
- Being in tune with yourself (in other words, heightened self-awareness)

Why wouldn't you want to take the time and effort to improve your ability to control your thoughts? Most people struggle with awareness and are easily distracted by random thoughts when completing a task.

Imagine being able to start a task and completing it without being distracted by anything else, or any other thoughts. You would not only complete your tasks quickly and easily, but you would excel in them too.

There is one exercise that is highly recommended for you to try on a daily basis. The more you do it, the better you will become. To get the best out of this exercise, complete it twice daily for a minimum of 30 days to see accelerated results which can be applied to all areas of your life. Obviously, you should aim to do this forever, and the more you do it, the sharper your mind will become.

### ***Thought Control Exercise***

One simple exercise to target your powers of concentration is known as 'Basic Mental Object Retention'. It is discussed in detail at <http://www.neuro-sculpting.com>. The basic premise of this exercise is that holding your attention on one object for an extended length of time makes

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your mind more powerful.

This exercise requires you to have a stopwatch/timer and a pen and piece of paper. You will also need to complete this exercise in a calm and quiet place where you will not be distracted by anything. Steady your breathing by inhaling deeply and concentrating on what you are about to do.

Now think of a single image in your mind, and ensure that it is as simple as possible. It is recommended you think of a shape with one color or something that is easy to think about and without too much detail. You want to make it easy to think about and not have an image that is too difficult to hold in your mind.

Time yourself from the moment you decide what image to think about. Your aim is to hold this image in your mind for as long as possible without your mind wandering, or the image changing in any way at all. (Stop as soon as the shape bends, twists and warps or changes color etc) The moment the image begins changing, you need to stop the watch and note down the time you were able to hold the image in your head for.

Now inhale deeply and repeat the exercise with the same image. Your task is to exceed your previous time and hold the image in your mind longer. Keep repeating for the session. One session is recommended to be between 15-20 minutes at a time.

Your aim is to be able to hold the image in your mind for a minimum of ten minutes without your thoughts wandering, becoming distracted or the shape fading or changing in any way.

Once you have achieved this level of concentration, you can apply it to all areas of your life and excel in all you do. Remember though, it takes commitment and a minimum of 15 minutes practice twice daily for 30 days to achieve astounding results.

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## 8 Yoga for a Healthy Brain and Body

We all know that exercise is good for you. We all know that we should aim to keep fit for at least 20-30 minutes most days of the week. But, did you know that specific types of exercises can have more of an impact upon your mind than others?

Yoga is an ancient Indian practice of engaging mind and muscle control in the body. It has been practiced for centuries by those in the know to not only keep their bodies fit and strong, but also their minds too.

There are many different styles of yoga, but all of them rely on a series of poses that test the mind and body and create harmony and balance in the body. One of the best things about yoga is that it decreases stress levels in the body, empowering the mind to be able to focus and concentrate correctly without being distracted.

The word yoga means 'union', and most yogis will tell you that the true purpose of yoga is to control the mind, with control over the body being secondary. Yoga relies heavily on meditation, self awareness and thought control to improve the mind.

Once a yogi is able to have complete mind control and also free their mind from all constraints, they reach a stage of enlightenment. This is the stage where the yogi is at one with themselves and the Earth. It is seen as the ultimate stage where a person is deemed free of the constraints of the mind and the environment.

For the ultimate mind and body workout though, you should try Kundalini yoga. Unlike other types of yoga, kundalini yoga focuses on developing self awareness through poses and meditation. Kundalini yoga sharpens your awareness and mental concentration.

It is highly recommended that you include yoga as part of your mind and body fitness routine. A gym/studio can be expensive, but the teaching and personal attention you will receive will be invaluable. A good substitute is DVDs. There are literally thousands of DVDs that you can buy and follow along at home to improve your mind and body.

Yoga DVDs are not only cheaper than gym membership, but also have the added convenience of you being able to complete them in your own time. Some good ones to try include:

- Kundalini Yoga for Beginners & Beyond by Ravi Singh and Ana Brett (available from Amazon.com)– an excellent introduction to yoga with a meditation session to help clear your mind, focus your thoughts and leave you energized

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- Kundalini Yoga Meditation for Beginners & Beyond by Ravi Singh and Ana Brett (available from Amazon.com) – highly recommended for those of you who want to experience meditation to develop your awareness and control your mind

For a great example of a mind specific exercise, please see the next chapter.

Another great resource on mind control, meditation and brain specific exercises, visit <http://anmolmehta.com/blog/2010/05/10/brain-fitness-exercises-healthy-brain-function/>

This particular page has 3 free ebooks you can download that contain workouts and meditation specific to the mind.

### ***Exercises to Try at Home***

Two exercises that you can try at home to try and improve awareness and thought control:

- Sit somewhere outside in a quiet place where you will not be disturbed. Now get comfortable and close your eyes. Inhale deeply and exhale deeply. Focus on your breathing for a few minutes and not on any particular thought. Now listen to the world around you and really take it in. Keep up with the breathing. Feel the wind on your face, the grass beneath you. Think about the noises and sensations. Sit and take it all in for at least 30 minutes.

- This exercise is perfect for helping to calm and relax the mind and open it up to new sensory experiences

- Try the same exercise above, but this time, you are focusing your attention on one particular noise. This helps mental clarity by allowing you to pick out one noise from a host of other noises which you have to ignore.

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## 9 Brain Training Methods

Now that we have an understanding of how the brain works and the different brain waves we use during different mental processes, we can now begin training our brains to be the best that they can be.

Brain training requires commitment – doing something everyday no matter how small all adds up and will allow your mind to reap benefits for years to come. No one wants to experience a loss of mental performance as they get older. It is the one thing many people fear.

Fear not though, research has shown that those who train their brains coupled with correct nutrition to aid a healthy mind have sharp minds and greater mental acuity than those people who do not. Regardless of your age, you too can reap the benefits of a powerful and perfect brain. Brain training has been shown to delay the onset of Alzheimer's and dementia. This in itself should be reason enough to get stuck in!

### ***Short Term Memory Training***

There is a notion that reading and learning everything about memory improvement will give you a better brain. This is false. Unless you make a committed effort in practicing all the fundamental techniques in brain training, you cannot expect any improvement.

Short term memory training relies heavily on having a healthy brain. A healthy brain is one that has all the essential vitamins, minerals, omega-3's and omega-6's necessary for healthy brain functioning.

It is highly recommended that you have as little junk and processed food in your diet as possible. You need to increase fluid intake, eating lots of fresh fruit and vegetables, lean protein, oily fish and whole grains as possible. It is also advisable to supplement your diet with a multi-vitamin complex and omega oil supplement.

### ***Long Term Memory Training***

Long term memory has the ability to be improved through correct nutrition and daily exercises. Memory has the 'use it or lose it' philosophy. The more you use it, the better it becomes. If you do not use it, you will most certainly lose it.

There are numerous examples of individuals who have severe physical disabilities, but their mind is sharp and alert at all times. Professor Stephen Hawking is one such example.

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Crippled by motor-neurone disease, Professor Hawking is world-renown for his work on astrophysics and works for Trinity college, Cambridge university. His body may have given up on him, but his dedication to his field of work and relentless hunger for knowledge has kept his mind sharper than ever.

While we are not suggesting that you go and earn a physics degree, what the above example shows is that your mind is not limited by physical restraints. The more you use your mind, the better you will be able to process and recall information.

Some excellent ways to get your long term memory functioning better includes completing tasks you are already familiar with in a new way. This works because one of the processes of long term memory is procedural memory – memory that is stored that enables you to carry out a task such as driving a car.

Things to try include:

- Brushing your teeth with the non-dominant hand
- Drawing pictures with your non-dominant hand
- Getting dressed with your eyes closed
- Learning a new language
- Learn new routes to places you know
- Learning a new strategy game such as Sudoku, chess and Scrabble
- Re-arranging your living space (so your brain has to re-learn where everything is)
- Instead of looking in your bag for an item, feel for the item you want
- Placing fragrant flowers in a room, and then closing your eyes and relying on your sense of smell to find them
- Close your eyes and feel your way around the room. Really think about texture, touch, smells and anything else to find an object

Doing these simple exercises daily helps challenge existing neural pathways and ignite new ones.

### ***Brain Games***

Brain games are specific exercises that have been created to challenge your mind on many different levels. Apart from numeracy and literacy based games, games that challenge your mind in other ways are really useful. Chess is one such example as it teaches you to think

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strategically.

First and foremost, before undertaking any type of brain training, you need to drink water. The human brain is made from 90% water and it is essential that you keep your grey matter well hydrated. Believe it or not, drinking water is crucial to healthy brain function because dehydration has been proven to impair concentration and mental performance.

Some exercises that are worth trying include a mixture of different types of training. For example, you may choose to play games such as Sudoku and scrabble, and then move onto some actual brain exercises. To increase spatial ability and your visual memory, completing challenging games such as a Rubik's cube is ideal.

There are many electronic devices such as Nintendo DS that have specific brain training programs on them. This is essential for those of you who are busy and on the go, as they can be done anywhere.

There are also lots of sites that are brilliant for completing certain activities. You could try the following:

[Lumosity](#) is an excellent resource for a whole host of brain training games scientifically proven to help improve mental performance. Although this is subscription based, it is certainly worth doing for anyone serious about brain training.

<http://www.increasebrainpower.com/brainexercises.html> a great resource that has a newsletter you can subscribe to offering tips and tricks to help you increase your brain's potential

<http://www.gamesforthebrain.com/> another good resource – this is more focused on brain games you can play online and has some great ones to try. It is certainly worth a look.

<http://www.fitbrains.com> also has a host of games you can play to sharpen your mind.

### ***Specific Brain Training Exercises***

There are certain exercises you can do on a daily basis to help open up the mind and get your creative juices flowing. Nearly all of them rely on getting your left and right brain in sync to make you more responsive and creative and instill whole brain thinking.

- Doodling – an easy exercise to start with. Take a piece of paper and draw a line down the middle. Now, taking a pen in both hands, draw the same thing with both hands at the **same time**. It can be anything you like. Do this for several minutes.
  - Now try another version of this game. Do the same as above, but now your aim is to make your left and right hand drawings a mirror of one another. So, if you have

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done a swirly pattern with the right hand, the left hand should do the same pattern reversed at the same time. Keep going for a few minutes.

- Air alphabet – this is a good one and exercises your ankles as well. Sitting comfortably in a chair with back well supported, use your right foot to write the letter of the alphabet in the air. Now repeat with left foot. Here's the challenge: write the alphabet with both feet in the air at the same time.
  - Try doing the alphabet backwards! Not as easy as it sounds.
  - Try doing using the right foot to write the alphabet correctly, while simultaneously using the left foot to write the same letters reversed, so that both feet mirror each other. Now swap feet!
- Tummy and Head patting and rubbing – this is a classic and you have probably tried this at some point. It is actually really good for engaging both parts of the brain. Rub your tummy with one hand whilst patting your head with the other. Now try swapping hands and repeating.
  - Try the reverse – pat your tummy and rub your head! Then swap hands.
- Word colors – here's a tricky one. Using a variety of different colored marker pens write out the names of different colors using a totally different colored pen. For example, write the word 'RED' using a blue marker. Complete at least 20 of these. Get a friend to help check as you read aloud the **color** that each word is written in. This is a lot harder than it seems.

### **Brain Gym**

Brain Gym was invented by Paul Dennison (PhD) and Gail Dennison. In their best-selling book, 'Brain Gym', they discuss how certain tasks and activities connect the right and left parts of the brain with the rest of the body. They also explain how easily just a few minutes of brain gym can optimize results when completed before starting certain jobs.

Brain gym was originally developed for children to help focus their minds before working on particular lessons. Paul and Gail have used some of these principles for adults in a business environment to help with the creative process. Some of the exercises that they recommend include:

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- Names in the air – write your name in the air, and then backwards with your dominant hand. Do the same with your other hand. Now try writing with both hands at the same time.
  - For a variation, now try the above exercises with your eyes shut
  - Also write your name with both hands mirroring each other
- Lazy Eights – placing your arm out in front of you with thumb pointing upwards, trace the figure of 8 on its side several times. Do not move your head, just your arm. Now try with your other hand.
  - Try this exercise with both hands clasped to increase your peripheral vision and improve balance and co-ordination
- Alphabet edit – an excellent exercise to engage learning and clear your mind. This is especially good when done in a group environment. Start by writing out the alphabet on a flipchart. Underneath each letter, write any one of the following letters: R, L, T. (where each of these are: R= right hand; L = left hand; T= both hands together) Each person takes it in turn to recite the alphabet. Every time you recite a letter of the alphabet, you need to complete the corresponding action.

For example, the letter 'A' has R underneath it, so you recite 'A' whilst raising your right hand at the same time.

There are lots of additional ways that you can train your brain, and it is very important that if you are serious about doing so, you should keep things interesting by doing lots of different things. Try doing regular crosswords and brain teasers, or any other puzzles on a regular basis.

Riddles are a great way of improving the way you think about problems and problem solving ability. Playing word games and making a point of learning new words everyday will not only expand your general knowledge, but also improve your word power.

### ***Yogic Exercises***

Yoga has a whole host of benefits for the mind and body as we saw in the last chapter. One of the best exercises to do using yoga is known as 'Superbrain Yoga' and works to:

- Calm and relax you
- Improve focus and clarity

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- Increase memory retention and recall
- Enhance learning

The exercise itself is incredibly easy. One simple movement is all that is needed to sharpen the mind:

- Close mouth
- Cross your left arm to your right ear and place your thumb at the front of your earlobe, with the index finger behind the earlobes. Pinch lightly
- Cross your right arm over your left arm and pinch left ear in the same way as above
- Holding the cross armed position, squat down (feet should be hip-width apart) lightly, inhaling on the way down and exhaling on the way up
- Repeat 14-21 times twice daily

You can watch a video on Superbrain yoga on Youtube to learn more. Here is the link:  
<http://www.youtube.com/watch?v=KSwhpF9iJSs>

The idea behind Superbrain yoga is to work out the mind as well as the body.

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## 10 Create Your Own Plan

### ***Charts***

You should hopefully by now have learnt a lot by reading through this book. If you are left feeling a little overwhelmed and do not know where to start, then we suggest that you start by creating a chart of all the exercises that you should practice on a daily basis.

A serious time commitment of at least an hour in total is needed daily for all of the recommended exercises and also for trying something new daily. Do not worry about time taken out for listening to meditation CDs. This can be done by plugging in your headphones before bedtime and listening to them to relax and allow them to start working their magic.

### ***Outline Plan***

Your daily plan for brain improvement should ideally start with the food you eat. Get into the habit of replacing your morning drink with green or rooibos tea. In fact, you should try and ditch all of your sugary and caffeine boosts with any of the recommended drinks from the diet section.

Ensure you are eating right first and foremost to get the most from this book. Next, you should try and incorporate the following into your day:

1. Start your day with superbrain yoga. You only need to perform 14-21 reps of this amazing exercise.
2. Go for a walk early morning and really take in the early morning sights and sounds. Aim for 2-30 minutes of brisk walking daily.
3. Try incorporating changes to your daily routine by closing eyes and doing things differently each day.
4. Listen to self development CDs during breakfast or on your commute to work.
5. Complete puzzles, games and teasers during break times.
6. Complete brain gym workout before starting any tasks requiring focus or concentration.
7. Try the basic mental object retention exercise during a quiet time in the day. You need 15-20 minutes daily for this.
8. Anytime of the day you feel stressed or worried or are having trouble clearing your mind and focusing on the task at hand, complete the yoga exercises.

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9. Incorporate a new task or daily challenge if you can. The easiest way to do this is to learn a new skill or language. Just ensure you make the time to complete this at least three days a week.
10. Get into the habit of playing games with friends and family such as scrabble and chess
11. Relax in the evening with a warm bath, a milky drink and a good book.
12. Just before sleeping, play a brainwave meditation CD.

You do not have to complete all tasks in a day, but the more you do and the more you put the effort in, the easier it will become and the faster your progress. Perhaps it may be hard for you to incorporate all aspects of the plan. Not to worry, create a plan that includes at the very least the following:

- Meditation
- Superbrain yoga
- Basic mental object retention
- Brain workout
- Good nutrition

All these will work towards your goal of empowering your mind and staving off memory loss.

### ***Challenge Your Brain***

We all love a challenge. Some more than others. It's what keeps things interesting and exciting, not dull and boring. One of the crucial elements of brain training is to challenge your brain in new and exciting ways.

It does not have to be something fancy, but it should be something new. Whatever activity you choose, ensure that it is fun for you; otherwise you will lose the enthusiasm very quickly. Here are some suggestions to get you started:

- Brush up on your mental arithmetic – visit <http://www.funwithfigures.com/> and try out the vedic math system. This is excellent for getting your mental arithmetic up to an incredibly efficient level.
- Learn how to play a new game such as chess
- Learn a new language

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- Study something you have always wanted to
- Complete puzzles daily such as crosswords and Sudoku
- Get into the habit of reading daily – it will sharpen your word power
- Learn to cook new foods – this is not only a life skill, but a sensory experience too, as your palate adapts to new tastes and textures
- Learn something fun and challenging like orienteering. It will teach you invaluable skills about routes and directions and will increase your spatial awareness
- Get into courses that help you polish your skills. If you are a decorator, take a different decorating course. If you are a joiner, learn a new technique.
- Try sports such as martial arts to help strengthen your mind and body and increase the awareness between the two.

Your world is your oyster, and you should embrace all opportunities to learn that come your way.

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## Brain Training Chart

The chart below can be printed off for each week. It lists activities you should be completing to achieve enhanced brain function. Simply tick off each item as you complete it. There is space included to add your own activities.

Activity	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Superbrain yoga							
Walking/workout							
Changes to daily routine							
Listen to self-improvement CDs							
Complete puzzles and teasers							
Brain gym							
Basic mental object retention							
Yoga exercises							
Learn new skill/language							
Brain development games							
Read a good book							
Play brainwave meditation CD							

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## 11 Conclusion

Over the course of this ebook, you will have learnt simple ideas to challenge your brain on a daily basis. You will also have picked up new exercises that can easily be implemented and added into your daily routine.

Eating well is a pleasure, so perhaps you can take up cookery lessons and learn to do some interesting things with the foods suggested for good brain health? Remember, by implementing the techniques outlined in this ebook, you will have all the tools necessary to take charge of your mind and lead a fulfilling and exciting life.

What could be better than doing things you love, knowing you are helping to keep the mind sharp? It was Gulliver in Gulliver's Travels that mentioned that if he had the gift of eternal life, he would use it to read every book in the world. Why not share the joy of learning and reading by writing a book of your own?

Finally, the meditation and specific exercises described in these pages should be enough to get you started on your path to greater wisdom and help you explode your potential to excel in EVERY area of your life.

All it takes is a little dedication and daily commitment. Believe you me, the persistence in these methods will pay off for you as it has for me. Brain training has opened new doors for me in ways that I could never imagine, and they will do the same for you too.

I would love to know what brain training has done for you, so be sure to keep in touch and share your experience online at [www.perfect-brain.com](http://www.perfect-brain.com). You will find all the latest resources and information about brain development here, so come back often!

Lastly, some final words. Knowledge is power, and it is also a precious gift. Use it, don't lose it and start enjoying a better way of life for good.

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## 12 Resources and Further Reading

### ***Further Reading Available from Amazon.com***

The Big Book of Brain Games: 1000 Play Thinks of Arts, Mathematics and Science by Ivan Mosovich.

Alzheimer's Association Presents the Big Brain Puzzle Book.

8 Minute Meditation: Quiet your Mind, Change your Life by Victor Davich

Keeping Busy: A Handbook of Activities for Persons with Dementia by James Dowling

### ***Resources***

[Lumosity](#) for meditation CDs to improve brain development

<http://www.sedona.com> CDs for complete self development that covers health, happiness, relationships, peace and dealing with stress

<http://www.brainsync.com> specific CDs that tap into the various aspects of each of the brain waves. An affordable option for most people

<http://www.neuro-sculpting.com> a course designed to increase concentration and train the brain to new heights

**All other resources mentioned in this ebook can be accessed from [www.perfect-brain.com](http://www.perfect-brain.com)**