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## **Train Your Brain Ryuta Kawashima**

Train Your Brain: 60 Days to a Better Brain  
Paperback - Illustrated,  
August 1, 2005 by Dr  
Ryuta Kawashima  
(Author) 4.2 out of 5  
stars 192 ratings

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**Train Your Brain: 60  
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Train Your Brain: 60 Days to a Better Brain is an English-language version of a Japanese book written by Ryuta Kawashima. The original book sold over a million copies in Japan. Dr. Kawashima found that by performing simple mathematical

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calculations and reading books aloud, one could retain mental clarity and stave off the mental effects of aging.

## **Train Your Brain - Wikipedia**

"Train Your Brain" can turn back the clock...Like the body, the brain needs exercise. And Dr. Ryuta Kawashima, world-renowned professor of neuroscience at

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Doctor Ryuta Kawashima, professor of neuroscience at Tohoku University, offers something that most people in the world believe they need - a better memory. His book Train Your Brain - 60 Days to a Better Brain, published

**Dr Kawashima's  
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Ryuta Kawashima is the author of Train Your Brain (3.84 avg rating, 135 ratings, 14 reviews, published 2003), Train Your Brain More (4.39 avg rating,

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**Ryuta Kawashima  
(Author of Train  
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Kawashima's 40-strong team of young scientists spends their days working on ways to train our working memory and stimulate the prefrontal cortex, the area of the brain that deals with problem ...

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**The devil who  
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## **Train Your Brain by Ryuta Kawashima - Goodreads**

His successful research, especially with sufferers of Alzheimer's, is revolutionising health

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care around the world. His first book Train Your Brain has sold 1,200,000 copies in Japan alone and he is the hero of Nintendo's hugely successful game Dr Kawashima's Brain Training.

## **Train Your Brain by Ryuta Kawashima (Paperback, 2007) for ...**

In 2003, Kawashima authored Train Your Brain: 60 Days to a



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Better Brain, which was a great success in Japan. When released worldwide, it sold more than 2.5 million copies. A handheld stand-alone unit, Brain Trainer, was later developed, and became Brain Age: Train Your Brain in Minutes a Day! for the Nintendo DS, released in May 2005.

**Ryuta Kawashima -  
Wikipedia**

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Ryuta Kawashima was sceptical when his research associate came to him with the results from their study into whether the effects of aging on the brain could be reversed. ... Train Your Brain. The head of video game company Nintendo then approached him about developing the game Brain Age, which sold 19 million copies worldwide.

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## **Feature Highlights- Brain training turns back your ...**

The idea, Dr. Kawashima says, is to "work out the brain much like we work out the rest of our bodies. It has long been known that regular exercise helps slow the deterioration of our muscles, and the same is true for our brains."  
From the Author

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It was followed by a game for Nintendo DS, "Brain Age: Train Your Brain in Minutes a Day." "After our successful publication

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of brain-training books in Japan, a few companies, including Nintendo, contacted us. We accepted their offers to create brain-training games as an industry-academia collaboration,” shares Kawashima.

## **Video Games According to “Brain Age” Creator Ryuta Kawashima**

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