

10 Ways to Keep Your Brain in Great Shape

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Keeping your brain in good shape is obviously very important for your health. You will flourish to the extent that you nourish and stimulate yourself on all levels – physically, mentally, emotionally and spiritually.

The following activities are just a few of those with the power to improve the strength, flexibility and balance of your brain.

1. Practice relaxation techniques.
2. Read a variety of books (both fiction and non-fiction).
3. Change some of your habits and daily routines.
4. Learn a new language.
5. Exercise, walk, dance.
6. Eat healthy foods.
7. Learn new skills and hobbies.
8. Meditate or pray.
9. Maintain a positive mental attitude despite your difficulties.
10. Laugh a lot.

Find out more about **The Revolutionary Memory Course** at:
<http://www.deeperdimension.htm>