



Publication date **Thursday, January 10, 2019**

Price **£9.99**

ISBN-13 **9781789290196**

Binding **Paperback**
Format **234 x 153 mm**
Depth **14mm**
Extent **192 pages**
Word Count **24000 words**
Territorial Rights **World**
In-House Editor **Louise Dixon**

Brain Coach

Train, Regain and Maintain Your Mental Agility in 40 Days

Dr Gareth Moore

Keynote

In *The Brain Coach*, Dr Gareth Moore has developed a programme of exercises, techniques and tips that will help you overcome mental strain, increase your brain function and train your brain.

Description

Although we all know that the adage 'we only use ten per cent of our brain' is a myth, the truth is that the brain has to cope with so much information from so many sources, it's no wonder that at stressful times we can feel mental fatigue and anxiety. In *The Brain Coach*, Dr Gareth Moore has developed a programme of exercises, techniques and tips that will help you overcome mental strain, increase your brain function and train your brain.

Containing exercises and tests that target specific issues as well as general puzzles that will make sure your brain gets an 'all brain' workout every day over the specially devised 40-day programme, you will learn how to optimize the performance of your brain, how 'downtime' for your brain can enhance your mental powers, how to spark your creativity, improve your vocabulary for clearer thinking, deal with unhelpful brain responses – and much more besides.

Train your brain and regain your mental agility using the timed and focused exercises in *The Brain Coach* – and you will see a difference in just 40 days.

Sales Points

- Features timed exercises so you can see how you are progressing as you go through the book
- Contains general all-purpose brain workouts as well as targeted exercises
- Full of proven, effective techniques that will help you regain and sustain your mental agility
- Written by internationally bestselling author Dr Gareth Moore, whose books have sold over 1 million copies worldwide. He is available for PR

Author Biography

Dr Gareth Moore (B.Sc (Hons) M.Phil Ph.D) is the internationally best-selling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-stress Puzzles*, *Ultimate Dot to Dot*, *Brain Games for Clever Kids*, *Lateral Logic* and *Extreme Mazes*. His books have sold over a million copies in the UK alone, and have been published in 29 different languages. He is also the creator of online brain-training site BrainedUp.com, and runs the daily puzzle site PuzzleMix.com.

Michael O'Mara Books.

www.mombooks.com



9 781789 290196

Sales Office: Michael O'Mara Books, 9 Lion Yard, Tremadoc Road, London, SW4 7NQ
Tel: 02077208643

Orders to: Hely Hutchinson Centre, Milton Road, Didcot, OX11 7HH
Tel: 01235 759 555
International Tel: +44 1235 759 555