

mental aerobics 75 ways pdf

Neurogenesis or the growth of new brain cells has become a seemingly trending topic in the past few years â€” partly because I think, it just sounds healthy. Everyone is looking for some sort of hack/edge on the competition and growing new brain cells sounds pretty advantageous, right? The reality ...

11 Ways To Grow New Brain Cells And Stimulate Neurogenesis

Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment, which one can develop through the practice of meditation and through other training. Mindfulness is derived from sati, a significant element of Buddhist traditions, and based on Zen, VipassanÃ•, and Tibetan meditation techniques. ...

Mindfulness - Wikipedia

Getting stronger The Guidelines recommend including muscle strengthening activities on at least 2 days each week. I could do body weight exercises, like push-ups,

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