



# **Train Your Brain: Mental Toughness Training For Winning In Life Now!: Improving Cognitive Skills without Overworking the Brain**

*Jason Scotts*

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Let's face it, especially these days, there's a lot going on and things are constantly coming at us to the point where overload sets in and mentally our brain is just not handling it. If that describes you, there's something you can do about it starting now. Get your hands on "Train Your Brain: Mental Toughness Training For Winning In Life Now!" You can't go wrong with this book because it's written to improve your cognitive skills and throughout the process your brain will not be overworked. Think about this as like building a figurative mental shield around your brain; one that's so tough that unless it's good for something, anything outside of it can't get in and overwhelm you. The training in this book will help you to bring about this mental toughness or shield that will in general improve your life. Once you start seeing what a positive difference these improved cognitive skills can make for you, you'll wonder why you didn't start putting these things into practice sooner.

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