

# **The Complete Mental Fitness Book: Exercises To Improve Your Brain Power By Tom Wujec**

**By Tom Wujec**

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<http://www.mentalhealth.org.uk/help-information/mental-health-a-z/E/exercise-mental-health/>

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<http://gradestack.com/CBSE-Class-8th-Complete/Reaching-the-Age-of/Mental-Fitness/14791-2855-2697-study-wtw>

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good nutrition, stress management, and sleep can improve brain fitness. positively influenced through mental and physical exercises that increase levels

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<http://www.brainmetrix.com/>

Jul 12, 2014 Transcript of "Complete wellness with mental fitness " 1. Sonya Arrington Sonya Arrington July 15, 2014 July 15, 2014 HW420-2 HW420-2

<http://www.slideshare.net/sonyaarrington5/s-arrington-hw42001unit5pptmentalfitnessppt-36934657>

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<http://www.webmd.com/mental-health/mental-health-assessment>

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<https://www.alexandrianews.org/alexandria-residents-can-complete-mental-health-first-aid-training-in-one-day/>

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