
the Vigorous Mind

**Cross-Train Your Brain to
Break Through Mental,
Emotional, and
Professional Boundaries**

Discover the Power of Kinesthics

- **expand your world**
- **explore your talents**
- **enrich your life**

ENCLOSURE

The Vigorous Mind by Ingrid Cummings

Ingrid Cummings

methods to 'Cross-Train Your Brain.' here is why: To utilize your valuable relaxation time. The energetic brain The Vigorous Mind will deal with that the majority primary of questions: How Shall I Spend My Time? beaten by means of the turbocharged speed of recent life, we permit an excessive amount of of our brainpower lie dormant. may perhaps rest characterize a chance for whatever extra substantial, similar to own development and development? to maneuver earlier the rut of over-specialization. Society has long gone too a ways towards simplicity and over-specialization. The dawning development is starting to emerge: A corrective stream again to glorifying generalists ('Renaissance people') because the big-picture, intersectional thinkers we are. Let's diversify our brain's portfolio! to place a cease to 'mental malnutrition,' The Vigorous Mind or 'the blahs.' many folks are listless, depressed, or apprehensive yet will not be yes why or what to do approximately it. Hint: Neuroscience exhibits that the mind wishes a well-rounded array of goals to stick intellectually sharp and emotionally healthy, in addition to The Vigorous Mind to withstand the ravages of Alzheimer's and dementia. to accomplish larger expert good fortune and total lifestyles gratification. construction a extra energetic brain will greatly improve your engagement with The Vigorous Mind the world. yet is it attainable to be a 'Renaissance person' in our sleek era? within the full of life Mind, you can find that the traditional japanese philosophy referred to as kaizen makes it achievable, for those who commit as low The Vigorous Mind as 20 mins an afternoon to cross-training your brain. within the energetic Mind, expert 'Renaissance woman' Ingrid Cummings bargains a social feedback and encouraging self-improvement application that information the antidote to psychological undernourishment, unfulfilling careers, untapped talents, and unexplained boredom. during the options and insights within the energetic Mind, you are going to construct a extra complex, interconnected mind and substitute indifference with cognitive reengagement, a feeling of confident gratification, and a full-to-the-brim lifestyles lived with no regret.

The Vigorous Mind

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