Train Your Brain More: A 60-Day Brain-Training Program

Dr. Ryuta Kawashima presents a comprehensive 60-day brain-training program focusing on simple, quick calculations and oral reading to improve cognitive function. The program includes daily exercises and weekly prefrontal cortex evaluations using counting, word memorization, and Stroop tests to track progress. Dr. Kawashima's research suggests these activities stimulate the brain, enhancing memory and potentially mitigating age-related mental decline.

by OL booksummary

The Importance of the Prefrontal Cortex

Key Role

The book emphasizes the crucial role of the prefrontal cortex in various cognitive functions and highlights the importance of training this area.

Cognitive Functions

The prefrontal cortex is responsible for important functions like working memory, attention, and decision-making.

Targeted Training

The program's exercises are specifically designed to stimulate and improve the prefrontal cortex, leading to overall cognitive enhancement.

Daily Exercises for Brain Brain Training

1. **Simple Calculation Drills**

   These drills feature basic arithmetic problems like addition, subtraction, multiplication, and division. The emphasis is on speed and accuracy.

2. **Word Memorization Tests**

   Users are given a list of words to memorize within a limited time, aiming to recall as many as possible afterward. The recommended duration for memorizing words is two minutes.

3. **Stroop Test**

   This classic test measures cognitive flexibility and processing speed by asking participants to name the color of words that spell out different colors (e.g., the word "red" printed in blue ink).

4. **Counting Test**

   The "Counting Test" involves measuring the time it takes to count aloud from 1 to 120 as quickly as possible.

Program Structure and Progression

1

60-Day Program

The book provides a structured program spanning 60 days, with exercises increasing in difficulty over time.

2

Weekly Evaluations

It includes weekly evaluation sections to track progress, including the Stroop Test which is administered weekly throughout the training program.

3

Personalized Training

The program offers personalized training based on individual performance, with different difficulty levels and tailored feedback.

4

Gradual Progression

Exercises become more challenging as you progress, allowing for continuous improvement and brain stimulation.

Motivation and Gamification

Achievement Levels

The program includes elements of gamification, such as awarding "bronze medals" for achieving certain time goals in calculation drills. This aims to motivate users and make the training more engaging.

Different levels of achievement in the program include:

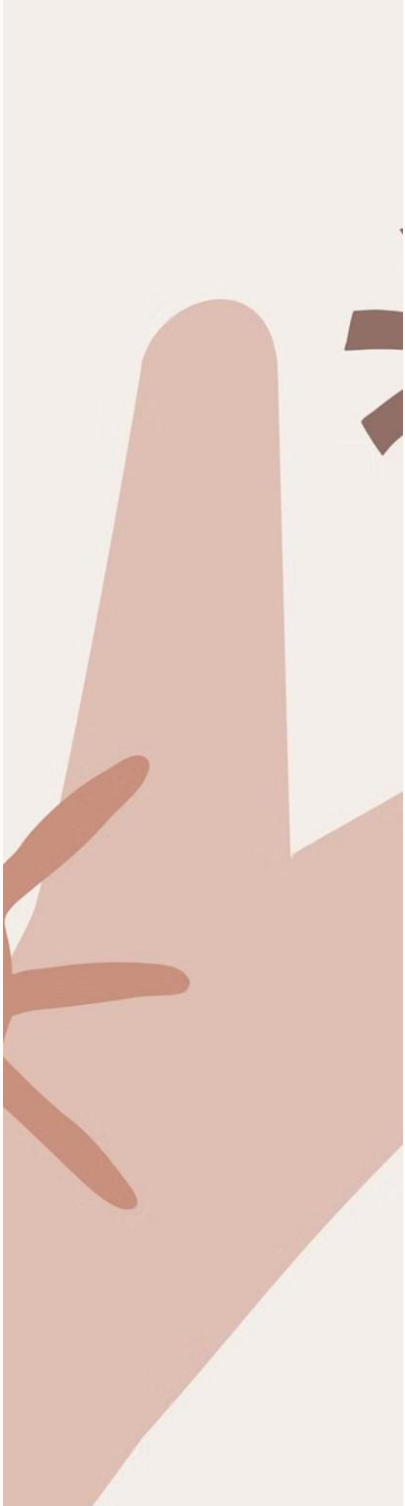
- Bronze Medal
- Silver Medal
- Gold Medal
- Expert (also known as "Calculation Master" for division problems)

Encouraging Progress

The book uses motivational language to encourage users to keep working towards their goals. For example:

> "Two minutes: Bronze Medal. You will be able to attain this level if you set your mind to it - please keep working toward this goal. If you do attain this level, you should be known as a Calculation Master."

This approach helps maintain user engagement and provides a sense of accomplishment as they progress through the program.



Scientific Basis and Benefits

Brain Plasticity

The core concept of the book is that the brain is not static and can be trained and improved through consistent exercise, just like any other muscle in the body.

Regular Exercise

The book suggests that, like the body, the brain requires regular exercise to improve its function. Daily consistency is key for sustained brain activation and improvement.

Cognitive Improvement

Dr. Kawashima's research suggests these activities stimulate the brain, enhancing memory and potentially mitigating age-related mental decline.

Key Components of the Program Program

1

Brain Age Measurement

The book utilizes a "Brain Age" measurement system, which evaluates performance on cognitive tasks and provides a relative measure of brain health. The "Brain Age" measurement system in the book provides a way to evaluate cognitive performance and track brain health.

2

Simple Exercises, Significant Results

The book emphasizes that simple arithmetic and memory exercises, performed regularly, can lead to noticeable improvements in cognitive abilities and overall brain health.

1. The book emphasizes that even simple mental exercises, done regularly, can lead to significant improvements in cognitive abilities and overall brain function.

3

Stroop Test as a Benchmark

The book uses the Stroop Test, a classic cognitive test, to assess and track improvements in processing speed and cognitive control.

4

Beyond Calculation and Memorization

While the primary exercises involve simple arithmetic and word memorization, the program aims to improve broader cognitive functions by engaging the prefrontal cortex.

Additional Information and Guidelines

- When a division problem results in a remainder, write down the nearest whole number in the answer box and indicate the remainder amount.
- You record your performance on the Word Memorization Test by writing down all the words you remember within two minutes on the back of the page.
- The title of the follow-up book is "Train Your Brain More!"
- The book provides worksheets and instructions for the program. It also includes an introduction explaining the scientific basis for the exercises and their benefits.
- The program is designed to be concise and manageable. Most exercises take only a few minutes to complete, making it easy to incorporate into your daily routine.
- The program is suitable for individuals of various ages and cognitive abilities. The exercises can be adjusted to suit different levels of difficulty.