

# Train Your Brain: 60 Days to a Better Brain

by Ryuta Kawashima

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## Summary:

Train Your Brain: 60 Days to a Better Brain by Ryuta Kawashima is a book that provides readers with a comprehensive program to improve their brain health. The book is divided into three parts: Part One explains the basics of brain health, Part Two provides a 60-day program to improve brain health, and Part Three offers advice on how to maintain a healthy brain.

Part One of the book explains the basics of brain health, including the anatomy of the brain, the importance of exercise and nutrition, and the effects of stress on the brain. It also provides an overview of the different types of brain training, such as memory training, problem-solving training, and creativity training.

Part Two provides a 60-day program to improve brain health. It includes a variety of exercises and activities designed to improve memory, problem-solving skills, and creativity. The exercises are divided into three levels of difficulty, and the book provides detailed instructions on how to complete each exercise.

Part Three offers advice on how to maintain a healthy brain. It includes tips on how to reduce stress, how to get enough sleep, and how to stay mentally active. It also provides advice on how to use technology to improve brain health, such as using apps and online games.

Train Your Brain: 60 Days to a Better Brain is an excellent resource for anyone looking to improve their brain health. The book provides a comprehensive program that is easy to follow and provides detailed instructions on how to complete each exercise. It is an invaluable resource for anyone looking to improve their mental health and cognitive abilities.

## Main ideas:

**#1. Exercise your brain: Regularly engaging in activities that challenge your brain can help to improve its performance. This includes activities such as puzzles, memory games, and learning new skills.**

Exercising your brain is an important part of maintaining a healthy mind. Regularly engaging in activities that challenge your brain can help to improve its performance. This includes activities such as puzzles, memory games, and learning new skills. Puzzles and memory games can help to improve your problem-solving skills, while learning new skills can help to increase your knowledge and understanding of the world around you. Additionally, engaging in activities that require you to think critically can help to improve your cognitive abilities.

Engaging in activities that challenge your brain can also help to reduce stress and anxiety. By focusing on a task that requires your full attention, you can take your mind off of any worries or concerns that you may have. Additionally, the sense of accomplishment that comes with completing a challenging task can help to boost your self-confidence and self-esteem.

Finally, exercising your brain can help to improve your overall mental health. By regularly engaging in activities that challenge your brain, you can help to keep your mind sharp and alert. This can help to reduce the risk of developing mental health issues such as depression and anxiety. Additionally, it can help to improve your overall quality of life.

**#2. Eat a healthy diet: Eating a balanced diet that is rich in essential vitamins and minerals can help to improve brain function. This includes foods such as fruits, vegetables, and whole grains.**

Eating a healthy diet is essential for maintaining a healthy brain. A balanced diet that is rich in essential vitamins and minerals can help to improve brain function. This includes foods such as fruits, vegetables, and whole grains. Eating a variety of these foods can help to ensure that your brain is getting the nutrients it needs to stay healthy and function optimally. Additionally, avoiding processed and sugary foods can help to reduce inflammation in the brain, which can lead to improved cognitive function. Eating a healthy diet can also help to reduce stress levels, which can have a positive effect on your overall mental health.

In addition to eating a healthy diet, it is important to stay hydrated. Drinking plenty of water throughout the day can help to keep your brain functioning at its best. Additionally, it is important to get enough sleep. Getting enough restful sleep can help to improve your memory and concentration, as well as reduce stress levels. Finally, it is important to engage in regular physical activity. Exercise can help to improve your overall physical and mental health, as well as reduce stress levels.

**#3. *Get enough sleep: Getting enough sleep is essential for maintaining a healthy brain. It helps to improve memory, concentration, and overall cognitive performance.***

Getting enough sleep is essential for maintaining a healthy brain. Studies have shown that people who get enough sleep are better able to focus, remember information, and make decisions. Sleep also helps to reduce stress and improve mood. It can even help to reduce the risk of developing certain diseases, such as Alzheimers and dementia.

When it comes to getting enough sleep, it is important to establish a regular sleep schedule. Going to bed and waking up at the same time each day helps to regulate your bodys internal clock, which can help you to fall asleep and stay asleep. It is also important to create a comfortable sleep environment, such as a dark, quiet room with a comfortable mattress and pillow.

Finally, it is important to limit your exposure to screens before bed. The blue light emitted from screens can interfere with your bodys natural sleep cycle, making it harder to fall asleep. Instead, try to relax before bed with a book or a calming activity.

Getting enough sleep is essential for maintaining a healthy brain. Establishing a regular sleep schedule, creating a comfortable sleep environment, and limiting your exposure to screens before bed can help you to get the restful sleep you need to stay sharp and alert.

**#4. *Manage stress: Stress can have a negative impact on the brain, so it is important to manage it effectively. This includes activities such as relaxation techniques, yoga, and meditation.***

Stress can have a detrimental effect on the brain, so it is important to manage it in a healthy way. There are a variety of activities that can help to reduce stress, such as relaxation techniques, yoga, and meditation. Relaxation techniques can help to reduce tension and anxiety, while yoga and meditation can help to focus the mind and create a sense of inner peace. Additionally, engaging in regular physical activity can help to reduce stress levels and improve overall mental health. Taking time out of your day to focus on yourself and your wellbeing can help to reduce stress and improve your overall mental health.

It is important to remember that stress is a normal part of life and it is important to find healthy ways to manage it. Taking time to relax and practice self-care can help to reduce stress and improve your overall mental health. Additionally, talking to a friend or family member about your stress can help to provide a sense of support and understanding. Finally, it is important to remember that everyone experiences stress differently and it is important to find the best way to manage it for you.

**#5. *Stay socially active: Social interaction is important for maintaining a healthy brain. This includes activities such as talking to friends, joining clubs, and attending social events.***

Staying socially active is essential for keeping your brain healthy. Social interaction helps to stimulate your mind and can even help to reduce stress. It can also help to improve your memory and cognitive skills. Talking to friends, joining clubs, and attending social events are all great ways to stay socially active.

When you talk to friends, you are engaging in meaningful conversations that can help to stimulate your brain. Joining clubs and attending social events can also help to keep your brain active. These activities can help to improve your problem-solving skills and can even help to reduce stress.

Staying socially active can also help to improve your memory. When you engage in meaningful conversations, you are more likely to remember the details of the conversation. Additionally, attending social events can help to improve your memory by exposing you to new people and new ideas.

Overall, staying socially active is an important part of maintaining a healthy brain. Talking to friends, joining clubs, and attending social events are all great ways to stay socially active and keep your brain healthy.

**#6. *Stimulate your senses: Stimulating your senses can help to improve brain function. This includes activities such as listening to music, playing an instrument, and engaging in art.***

Stimulating your senses is an important part of improving brain function. By engaging in activities that stimulate your senses, you can help to improve your cognitive abilities and sharpen your mind. Listening to music, playing an instrument, and engaging in art are all great ways to stimulate your senses. Music can help to improve your memory, focus, and concentration, while playing an instrument can help to improve your coordination and fine motor skills. Art can help to improve your creativity and problem-solving skills. All of these activities can help to improve your overall brain function and help you to think more clearly.

In addition to stimulating your senses, it is also important to engage in activities that challenge your brain. This can include activities such as puzzles, crosswords, and brain teasers. These activities can help to improve your problem-solving skills and help to keep your brain active. It is also important to get plenty of rest and exercise, as these activities can help to improve your overall physical and mental health.

By stimulating your senses and engaging in activities that challenge your brain, you can help to improve your overall brain function. This can help to improve your memory, focus, and concentration, as well as your creativity and problem-solving skills. So, take some time to stimulate your senses and challenge your brain today!

**#7. *Challenge yourself: Challenging yourself with new activities can help to improve brain performance. This includes activities such as learning a new language, taking up a new hobby, and solving puzzles.***

Challenging yourself with new activities can be a great way to improve your brain performance. It can help to stimulate your brain and keep it active, which can help to improve your memory, focus, and problem-solving skills. Learning a new language, taking up a new hobby, and solving puzzles are all great ways to challenge yourself and keep your brain active.

Learning a new language can help to improve your memory and focus, as it requires you to remember new words and phrases. It can also help to improve your problem-solving skills, as you will need to figure out how to use the language in different contexts. Taking up a new hobby can also help to stimulate your brain, as it requires you to learn new skills and techniques. Finally, solving puzzles can help to improve your problem-solving skills, as it requires you to think critically and come up with creative solutions.

Challenging yourself with new activities can be a great way to improve your brain performance. It can help to keep your brain active and engaged, which can help to improve your memory, focus, and problem-solving skills. So why not challenge yourself today and see what you can achieve?

**#8. *Take breaks: Taking regular breaks from work or study can help to improve concentration and focus. This includes activities such as taking a walk, reading a book, or listening to music.***

Taking regular breaks from work or study can help to improve concentration and focus. This can be done by taking a few minutes away from the task at hand to do something else. Taking a walk, reading a book, or listening to music are all activities that can help to clear the mind and refresh the body. Breaks can also help to reduce stress and fatigue, allowing for more productive work or study sessions. Additionally, taking breaks can help to increase creativity and problem-solving skills, as it allows the mind to take a step back and look at the task from a different perspective.

When taking breaks, it is important to make sure that the activity chosen is something that is enjoyable and relaxing. This will help to ensure that the break is beneficial and not just a distraction. Additionally, it is important to make sure that the break is not too long, as this can lead to a decrease in productivity. Taking regular breaks throughout the day can help to improve focus and concentration, allowing for more productive work or study sessions.

**#9. *Practice mindfulness: Practicing mindfulness can help to improve mental clarity and focus. This includes activities such as meditation, yoga, and deep breathing.***

Practicing mindfulness can be a great way to improve mental clarity and focus. Mindfulness is the practice of being aware of the present moment and accepting it without judgment. It can involve activities such as meditation, yoga, and deep breathing. Through these activities, we can become more aware of our thoughts, feelings, and physical sensations. This can help us to become more in tune with our inner selves and better able to manage our emotions. Additionally, mindfulness can help us to become more aware of our environment and the people around us, allowing us to better connect with others.

Mindfulness can also help us to become more aware of our habits and patterns of thinking. By becoming more aware of our thoughts and feelings, we can begin to recognize when our thoughts are unhelpful or irrational. This can help us to break out of negative thought patterns and develop healthier ways of thinking. Additionally, mindfulness can help us to become more aware of our physical sensations, allowing us to better manage stress and anxiety.

Overall, practicing mindfulness can be a great way to improve mental clarity and focus. Through mindfulness, we can become more aware of our thoughts, feelings, and physical sensations, allowing us to better manage our emotions and break out of negative thought patterns. Additionally, mindfulness can help us to become more aware of our environment and the people around us, allowing us to better connect with others.

**#10. *Get organized: Being organized can help to improve brain performance. This includes activities such as creating to-do lists, setting goals, and organizing your workspace.***

Getting organized is an important part of improving brain performance. It helps to create a sense of order and structure in your life, which can help to reduce stress and improve focus. To-do lists are a great way to keep track of tasks and prioritize them. Setting goals can help to keep you motivated and focused on the task at hand. Finally, organizing your workspace can help to reduce distractions and create a more productive environment. All of these activities can help to improve your brain performance and make it easier to stay focused and productive.

Organization is also important for long-term success. By creating a system for organizing your tasks and goals, you can ensure that you are always working towards your goals and staying on top of your tasks. This can help to reduce stress and improve your overall productivity. Additionally, it can help to keep you motivated and focused on the task at hand. By taking the time to get organized, you can ensure that you are always working towards your goals and staying on top of your tasks.

**#11. *Play games: Playing games can help to improve brain performance. This includes activities such as board games, card games, and video games.***

Playing games can be a great way to improve brain performance. Board games, card games, and video games can all help to stimulate the brain and keep it active. Board games such as chess, checkers, and Go can help to improve problem-solving skills, while card games such as solitaire and bridge can help to improve memory and concentration. Video games can also help to improve cognitive skills, such as reaction time, hand-eye coordination, and spatial awareness. Playing games can also help to reduce stress and improve mood, as it can be a fun and engaging activity.

In addition to the cognitive benefits, playing games can also help to improve social skills. Board games and card games can be played with friends and family, which can help to build relationships and foster communication. Video games can also be played with others online, which can help to improve communication and teamwork skills. Playing games can also help to improve self-confidence, as it can be a great way to challenge yourself and learn new skills.

Overall, playing games can be a great way to improve brain performance and social skills. It can be a fun and engaging activity that can help to reduce stress and improve mood. So why not give it a try?

**#12. *Learn a new skill: Learning a new skill can help to improve brain performance. This includes activities such as cooking, painting, and coding.***

Learning a new skill can be a great way to improve your brain performance. It can help to increase your cognitive abilities, such as problem-solving, memory, and creativity. It can also help to reduce stress and improve your overall mental health. There are many different skills that you can learn, such as cooking, painting, coding, and more. Each of these activities can help to stimulate your brain and help you to think more clearly.

When learning a new skill, it is important to start small and gradually increase the difficulty. This will help to ensure that you are not overwhelmed and can keep up with the pace. It is also important to practice regularly and to stay motivated. This will help to ensure that you are able to retain the information and continue to improve your skills.

Learning a new skill can be a great way to challenge yourself and to improve your brain performance. It can help to increase your cognitive abilities, reduce stress, and improve your overall mental health. So why not give it a try?

**#13. *Read: Reading can help to improve brain performance. This includes activities such as reading books, magazines, and newspapers.***

Reading is an important activity for improving brain performance. It helps to stimulate the brain and encourages the development of new neural pathways. Reading books, magazines, and newspapers can help to increase knowledge and understanding of the world around us. It can also help to improve memory, focus, and concentration. Reading can also help to reduce stress and anxiety, as it can provide an escape from the everyday pressures of life. Additionally, reading can help to improve language skills, as it can help to increase vocabulary and improve grammar. Finally, reading can help to improve creativity, as it can help to spark new ideas and perspectives.

In his book *Train Your Brain: 60 Days to a Better Brain*, Ryuta Kawashima outlines a program to help improve brain performance. This program includes activities such as reading, writing, and solving puzzles. He also suggests that reading can help to improve brain performance, as it can help to stimulate the brain and encourage the development of new neural pathways. He also suggests that reading can help to reduce stress and anxiety, as it can provide an escape from the everyday pressures of life. Additionally, he suggests that reading can help to improve language skills, as it can help to increase vocabulary and improve grammar. Finally, he suggests that reading can help to improve creativity, as it can help to spark new ideas and perspectives.

**#14. *Take supplements: Taking supplements can help to improve brain performance. This includes supplements such as omega-3 fatty acids, B vitamins, and antioxidants.***

Taking supplements can help to improve brain performance. This includes supplements such as omega-3 fatty acids, B vitamins, and antioxidants. Omega-3 fatty acids are essential for proper brain functioning, as they are involved in the

production of neurotransmitters and cell membranes. B vitamins are important for energy production and help to reduce stress and fatigue. Antioxidants help to protect the brain from damage caused by free radicals.

In addition to taking supplements, it is important to maintain a healthy diet. Eating a balanced diet that includes plenty of fruits, vegetables, and whole grains can help to provide the nutrients needed for optimal brain functioning. Eating foods that are high in antioxidants, such as blueberries, can also help to protect the brain from damage. It is also important to stay hydrated, as dehydration can lead to fatigue and poor concentration.

Finally, it is important to get enough sleep. Sleep is essential for the brain to rest and repair itself. Aim for at least seven to eight hours of sleep each night. If you are having trouble sleeping, try to establish a regular sleep schedule and avoid caffeine and alcohol before bed.

**#15. Practice positive thinking: Practicing positive thinking can help to improve brain performance. This includes activities such as positive affirmations, visualization, and gratitude.**

Practicing positive thinking can help to improve brain performance. Positive thinking can be achieved through activities such as positive affirmations, visualization, and gratitude. Positive affirmations are statements that you repeat to yourself to help you stay focused on the positive aspects of life. Visualization is the practice of picturing yourself in a positive situation or achieving a goal. Gratitude is the practice of expressing appreciation for the good things in life. All of these activities can help to improve your mental health and well-being, as well as your overall brain performance.

Positive affirmations can help to boost your self-esteem and confidence. When you repeat positive statements to yourself, you are reinforcing the idea that you are capable and worthy of achieving your goals. Visualization can help to increase motivation and focus. When you visualize yourself in a positive situation or achieving a goal, it can help to keep you motivated and focused on the task at hand. Gratitude can help to reduce stress and anxiety. Expressing appreciation for the good things in life can help to put things into perspective and remind you of the positive aspects of life.

Practicing positive thinking can help to improve your overall brain performance. It can help to boost your self-esteem, increase motivation, reduce stress and anxiety, and improve your mental health and well-being. So, take some time each day to practice positive thinking and see how it can help to improve your brain performance.

**#16. Avoid multitasking: Multitasking can have a negative impact on the brain, so it is important to avoid it. This includes activities such as checking emails, texting, and talking on the phone.**

Avoiding multitasking is essential for maintaining a healthy brain. When we multitask, our brains are forced to switch rapidly between tasks, which can lead to a decrease in productivity and an increase in stress. Additionally, multitasking can lead to a decrease in focus and concentration, as well as an increase in errors. Furthermore, multitasking can lead to a decrease in creativity and problem-solving skills, as well as an increase in fatigue.

In order to avoid multitasking, it is important to focus on one task at a time. This means setting aside a specific amount of time to focus on a single task, and then taking a break before moving on to the next task. Additionally, it is important to limit distractions such as checking emails, texting, and talking on the phone. Finally, it is important to take regular breaks throughout the day in order to give your brain a chance to rest and recharge.

By avoiding multitasking and focusing on one task at a time, you can help to maintain a healthy brain and improve your productivity. Additionally, you can reduce stress, increase focus and concentration, and improve your creativity and problem-solving skills. So, take the time to focus on one task at a time and give your brain the break it needs.

**#17. Get creative: Getting creative can help to improve brain performance. This includes activities such as writing, drawing, and crafting.**



Getting creative can help to improve brain performance in a variety of ways. Writing, drawing, and crafting are all activities that can help to stimulate the brain and increase its capacity for learning. Writing can help to improve communication skills, while drawing and crafting can help to develop problem-solving skills. Additionally, engaging in creative activities can help to reduce stress and anxiety, which can have a positive effect on overall brain health.

Creative activities can also help to improve memory and focus. Writing can help to organize thoughts and ideas, while drawing and crafting can help to improve visual-spatial skills. Additionally, engaging in creative activities can help to increase motivation and productivity, which can help to improve overall brain performance.

Finally, engaging in creative activities can help to increase creativity and imagination. Writing can help to develop new ideas, while drawing and crafting can help to create new perspectives. Additionally, engaging in creative activities can help to increase self-confidence and self-expression, which can help to improve overall brain performance.

**#18. Listen to lectures: Listening to lectures can help to improve brain performance. This includes activities such as attending seminars, listening to podcasts, and watching TED talks.**

Listening to lectures can be a great way to improve brain performance. Not only can attending seminars, listening to podcasts, and watching TED talks help to increase knowledge and understanding of a particular topic, but they can also help to stimulate the brain and improve cognitive function. Listening to lectures can help to improve memory, focus, and concentration, as well as increase creativity and problem-solving skills. Additionally, listening to lectures can help to reduce stress and anxiety, as well as improve overall mental health. By taking the time to listen to lectures, individuals can gain a better understanding of the world around them and become more informed and engaged citizens.

**#19. Practice memorization: Practicing memorization can help to improve brain performance. This includes activities such as memorizing facts, quotes, and poems.**

Practicing memorization can help to improve brain performance. This includes activities such as memorizing facts, quotes, and poems. Memorization exercises can help to strengthen the connections between neurons in the brain, which can lead to improved memory and recall. Additionally, memorization can help to increase focus and concentration, as well as improve problem-solving skills. Memorizing facts, quotes, and poems can also help to increase creativity and imagination, as well as help to develop a better understanding of language and grammar.

Memorization exercises can be done in a variety of ways. One way is to use flashcards or other visual aids to help with memorization. Additionally, repetition and practice can help to improve memorization skills. It is also important to take breaks and to focus on one task at a time. Finally, it is important to review the material that has been memorized in order to ensure that it is retained.

Memorization can be a great way to improve brain performance and to increase knowledge. It can also be a fun and engaging activity that can help to keep the brain active and engaged. With practice and dedication, memorization can be a great tool for improving brain performance and overall cognitive functioning.

**#20. Take breaks from technology: Taking regular breaks from technology can help to improve brain performance. This includes activities such as going for a walk, spending time in nature, and disconnecting from the internet.**

Taking regular breaks from technology can help to improve brain performance. This includes activities such as going for a walk, spending time in nature, and disconnecting from the internet. Taking a break from technology can help to reduce stress, improve focus, and increase creativity. It can also help to improve sleep quality, as well as reduce the risk of developing mental health issues such as depression and anxiety. Additionally, taking a break from technology can help to improve relationships, as it allows for more face-to-face interaction with family and friends.

When taking a break from technology, it is important to find activities that are enjoyable and engaging. Going for a walk

or spending time in nature can help to reduce stress and improve focus. Reading a book or engaging in a hobby can also help to reduce stress and improve focus. Additionally, spending time with family and friends can help to improve relationships and reduce stress.

Taking regular breaks from technology can help to improve brain performance and reduce stress. It is important to find activities that are enjoyable and engaging, such as going for a walk, spending time in nature, reading a book, engaging in a hobby, and spending time with family and friends. Taking regular breaks from technology can help to improve focus, increase creativity, improve sleep quality, and reduce the risk of developing mental health issues.