

Now, that wasn't so hard, was it?

(ahem... it wasn't supposed to be!)

That probably took you 10 minutes if you did it all. You can spend a lot more time on much harder puzzles.

But that's not the point of BrainReady.

Consider this analogy:

A hard Puzzle is like a brain bench-press. Or moving a sofa. You need to be in shape and if you're not, you get stressed out and might even get hurt (or at least frustrated).

BrainReady BrainFlex is more like cardio exercise, or working with hand weights: It's meant to turn back the clock on aging, build long term strength and fitness, if you do it every day.

We hope you'll fight brain aging every day with our BrainReady BrainFlex worksheets. And don't forget to download our free weekly audio BrainCasts at www.brainready.com which let you exercise your brain while driving your car or even jogging!

BrainBonus: Do it Different!

Changing a common routine is an excellent way to keep your mind sharp. Every few days, BrainReady will offer another "Do It Different" for you.

Use Military Time Today!

Instead of 3:15pm, say 1530. Instead of 7:45am, say 0745.
If you're in the military - try spending the day using Civilian Time.

Answers from Page 1

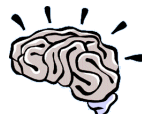
Lose, Undermine, Deny, Proudful
Ashamed, Exact, Short, Disapprove

Yep - ACTUAL Answers in this box. What is this world coming to?

SEE YOU TOMORROW!

Download more free BrainReady™ exercises & much more at:

www.BrainReady.com



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