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up with one of the country's most notable memory experts, Cynthia R. Green, PhD, to create Brainpower Game Plan—the first brain fitness book to translate cutting-edge research into a comprehensive, doable, day-by-day program that promises real results.

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â€¢ Game where two lists of words are put on a blackboard or overhead projector. â€¢ Students are asked to make connections between a word on the first list and a word on the second list and they must explain the reason for the connection that they made.

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