

CROSS TRAIN YOUR BRAIN
DR. KEVIN O'NEIL REFERENCE LIST

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CROSS TRAIN YOUR BRAIN

Affirmations • Online Games • Trivia • Reading



CROSS TRAIN YOUR BRAIN
MY BRAIN CROSS TRAINING AFFIRMATIONS

Affirmations

Choose these affirmations or come up with some of your own to help develop your own plan for living a brain healthy lifestyle.



PHYSICAL

- I consume a diet rich in fruits, vegetables, vegetable oils, whole grains, and omega-3 fatty acids (e.g., walnuts, almonds, cold water fish).
- I engage in at least 30 minutes of moderate aerobic exercise three times a week.
- I get a good night's sleep.

My own affirmation:



EMOTIONAL

- I am a positive person who looks forward to each new day.
- I have a great sense of humor.

My own affirmation:



SOCIAL

- I interact regularly with family and friends.
- I feel good about myself and my family and friends feel good about me.

My own affirmation:



INTELLECTUAL

- I learn something new each day
- I am a lifelong learner

My own affirmation:



PURPOSEFUL

- I share my talents with others.
- I volunteer for projects that help other people.

My own affirmation:



SPIRITUAL

- I take time each day to be thankful for the world I am in.
- I find some time each day to nurture my spiritual life.

My own affirmation:

Provided here is a list of mentally challenging games and/or programs on the internet. Some are free others are a free trial with the offer of a purchase. Some games are updated daily, others less often.

<http://www.us.mensa.org/AM/Template.cfm?Section=Games>

<http://www.pennydellpuzzles.com/> <http://www.pennydellpuzzles.com/>

Many large Cable providers have game pages on their sites or on partner sites. Each features a selection of free online games, free one-hour trial downloads and various purchase options. You don't need to be a cable customer to access these sites, so feel free to visit several.

To find these games, go to your provider's member homepage or search for the cable company name and the word "games", example "Comcast Cable games"

Charter Cable

http://www.charter.net/games_channel/index.php http://www.charter.net/games_channel/index.php

Comcast Cable

<http://chill.comcast.net/?RefId=topnav> <http://chill.comcast.net/?RefId=topna>

Yahoo Daily 5-minute free Games

<http://games.yahoo.com/daily-games/daily-play-four> <http://games.yahoo.com/daily-games/daily-play-four>

<http://games.yahoo.com/daily-games/wordroundup> <http://games.yahoo.com/daily-games/wordroundup>

<http://games.yahoo.com/daily-games/dailyjigsaw> <http://games.yahoo.com/daily-games/dailyjigsaw>

<http://games.yahoo.com/daily-games/wordsense> <http://games.yahoo.com/daily-games/wordsense>

<http://games.yahoo.com/daily-games/dailycrosswords> <http://games.yahoo.com/daily-games/dailycrosswords>

<http://games.yahoo.com/daily-games/sudokudaily> <http://games.yahoo.com/daily-games/sudokudaily>

<http://games.yahoo.com/daily-games/hollywood-jumble> <http://games.yahoo.com/daily-games/hollywood-jumble>

Each of these sites features a selection of:

Free online games, Free downloads for one-hour trials and various purchase or subscription options

<http://games.yahoo.com/>

<http://zone.msn.com/en/root/default.htm> <http://zone.msn.com/en/root/default.htm>

http://zone.msn.com/en/root/gamebrowser.htm?playmode=1&intgid=hp_Nav_3

<http://games.aol.com/> <http://games.aol.com/>

<http://games.aol.com/browse-games/word/free-online/>

<http://www.bigfishgames.com/> <http://www.bigfishgames.com/>

<http://games.aarp.org/> <http://games.aarp.org/>

<http://www.aarpmagazine.org/games/> <http://www.aarpmagazine.org/games/>

http://downloads.trymedia.com/t_05kn1/s2/WebGames

Game sites from other countries in English or other languages:

Reader's Digest Canada: <http://www.readersdigest.ca/fungames/home.php>

Reader's Digest Australia: <http://www.readersdigest.com.au/popular/free-online-games/article95639.html>

German: <http://de.games.yahoo.com/> <http://de.games.yahoo.com/>

French: <http://fr.games.yahoo.com/> <http://fr.games.yahoo.com/>

Italian: <http://it.games.yahoo.com/> <http://it.games.yahoo.com/>

Chinese: <http://hk.games.yahoo.com/> <http://hk.games.yahoo.com/>

Games and exercises designed for brain fitness

<http://www.prevention.com/cda/categorypage.do?channel=health&category=brain.fitness&topic=brain.games>

<http://www.prevention.com/braingames> www.prevention.com/braingames

<http://www.fitbrains.com/games/> <http://www.fitbrains.com/games/>

<http://www.sharpbrains.com/blog/2007/10/16/brain-teasers-and-games-for-adults-our-top-50/>

<http://www.happy-neuron.com/games/free.php> <http://www.happy-neuron.com/games/free.php>

7 day trial

<http://www.gamesforthebrain.com/> <http://www.gamesforthebrain.com/>

Free games and exercises, instructions may be cryptic

<http://playwithyourmind.com/> <http://playwithyourmind.com/>

Word games, logic puzzles, memory exercises, brainteasers, IQ tests and various other mind games

Achieving Optimal Memory, by Dr. Aaron P. Nelson.

Dr. Nelson, a member of the Harvard Medical School faculty presents a complete program for achieving optimal memory. His program includes a complete memory-optimizing program.

Ageless Memory, by Harry Lorayne.

This book provides practical memory enhancing methods that help you improve your ability to recall and retain what you see, read and hear. Geared for those over 50.

Keep Your Brain Alive, by Lawrence C. Katz, Ph.D. & Manning Rubin.

Contains 83 Neurobic exercises to help prevent memory loss and increase brain activity. These fun exercises can be done anywhere, anytime making them perfect for improving your memory while on the go.

My Stroke of Insight, by Jill Bolte Taylor.

After the author, a Harvard trained brain scientist suffered a burst blood vessel in the brain she watched her mind completely deteriorate whereby she could not walk, talk, read, write or recall her life. She shares her insights into the unique functions of the brain and her recommendations for recovery.

Spark, by John J. Ratey, MD.

Spark explains the clear connection between exercise and the brain. Filled with case studies, SPARK is a fascinating and entertaining journey through the mind-body connection.

The Better Memory Kit, by Dharma Singh Khalsa, MD.

This kit includes an instruction booklet, 24 memory exercise card and a CD with morning and evening mind and body exercises. The Better Memory Kit offers a holistic approach to brain fitness.

The Body Has a Mind of Its Own, by Sandra Blakeslee & Matthew Blakeslee.

The authors present the fascinating story of “body maps” in the brain: what they are, what they tell us about ourselves and, how understanding them can affect our lives. If you want to know more about what makes you what you are, if you would like to improve your skills, your health and your emotional attitudes, this book is for you.

The Brain that Changes Itself, by Norman Doidge, M.D.

Featured on PBS's The Brain Fitness Program, this book shows that the brain is a living organ that can actually change its structure and function at any age. This revolutionary discovery, called neuroplasticity, promises to overthrow the centuries-old notion that the brain is fixed and unchanging.

The Brain Trust Program, by Larry McCleary, M.D.

This scientifically-based program of prevention and regeneration shows readers how to improve memory and attention, elevate mood and boost mental energy.

The Female Brain, by Dr. Luann Brizendine.

The author describes how the female brain works and the difference in the way women process thoughts compared with the way men do.

The Memory Book, by Harry Lorayne & Jerry Lucas.

Become more effective, more imaginative and more powerful at work, at school, in sports and play. Discover how easy it is to file phone numbers in your head, learn foreign words and phrases with ease, read with speed and more.

Welcome to Your Brain, by Sandra Aamodt & Sam Wang.

The authors explain how the human brain processes sensory and cognitive information, regulates our emotional life and forms memories. Aamodt & Wang, both neuroscientists, dispel common myths about the brain and provide a comprehensive, useful overview of how it really works.

Your Brain Health Lifestyle, Dr. Paul Nussbaum. Dr. Nussbaum presents a holistic lifestyle for brain health in five domains that include socialization, physical activity, nutrition, mental exercise and spirituality.

iBrain: Surviving the Technological Alteration of the Modern Mind, by Dr. Gary Small and co-author Gigi Vorgan. The authors reveal the remarkable brain evolution caused by the constant presence of technology today. If you think our incessant use of the Internet, Blackberrys, iPods, text-messaging and video games has changed our lives and our children's lives, here's some breaking news: Technology has not only altered our lives, it's altered our brains.