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These include typical "brain training" exercises such as looking at a pattern of boxes and trying to match it with a rotated version of the same shape, as well as paper folding tasks and more.

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The Brain Training For Success is your go-to blueprint for

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### ~~Brain Training For Success~~

The app's official description: Elevate is a brain training program designed to improve focus, speaking abilities, processing speed, memory, math skills, and more. Each person is provided with a personalized training program that adjusts over time to maximize results.

### ~~The 5 Best iPhone Apps For Brain Training In 2020~~

Brain training isn't the same as physical training. Techniques that fall under the umbrella of "brain training" include physical activity,

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but eating foods that benefit the brain's performance count too. Brain training apps and games, learning a new language, or studying an instrument, are all ways to train your brain.

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