

ThinkBright™: One Month Cognitive Training

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Kingston, ON ([rushPRnews](#))

02/20/14 — Drop A Digit promotion: Sign up for \$39 instead of \$399

[SIGN UP HERE](#)

→ Having trouble remembering your spouse's birthday?

→ Feeling a little slow on the uptake?

→ Need a mental boost to get you through a high performance activity.

Look no further.

ThinkBright™ is a highly effective, self-paced, cognitive focus program that will help you meet these challenges.

Unlike game sites, such as Lumosity, that provide only online brain training activities — these have been shown to have no positive effect on fluid intelligence (study; study; study; study) — **ThinkBright™** gives you real world exercises and techniques, based on solid cognitive research (studies), designed to optimise memory, mental focus, and problem-solving skills.

Student Testimonial: “After developing my own daily cognitive training routine based on what I learned in this course, I am noticeably more focused. I can concentrate on difficult tasks for longer periods without distraction. My productivity is much higher. Also, great value here since I can always revisit

the materials and exercises.”

Results

After completing the course, you will have a daily cognitive regimen, adapted to your particular needs and life demands. More specifically you will have gained the following:

Knowledge — Basics about the brain/nervous system and about how the brain and the body together support cognition;

Skills — Increased cognitive awareness, ability to control stress levels, ability to deal with cognitive exhaustion and distraction;

Tools — Exercises and activities that optimise your cognitive capacities including a meditation practise.

Who Should Take this Class?

Everyone. We all have a brain and a body, but few of us really know much at all about how the two work together. Most people want to improve their memory, would love to be able to think faster on their feet, or be better equipped to handle high-stress, deliverable situations. There are real, practical, answers we can now give to these questions. This class is for anyone interested in finding out what these answers are

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NEW: 4-week Cognitive Training for your whole body, not just your brain.

Unlike game sites, such as Lumosity, that focus on online brain training – these have been shown to have no positive effect on fluid intelligence ([study](#); [study](#); [study](#); [study](#)) – this program gives you real-life tools and exercises, based on [solid cognitive research](#), designed to develop a CALM MIND and optimise your MEMORY, MENTAL FOCUS, and creative PROBLEM-SOLVING skills.

Sign-up [here](#) and take advantage of the **Drop A Digit promotion – \$39** instead of \$399 for the entire program.

To find out more about the course and other offerings by Do It Better, check us out [here](#).

Filed Under: [Health and Fitness](#), [Lifestyle](#), [PRESS RELEASE](#)

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