



# **Future Brain: How to Create a High Performance Brain to Keep you Ahead of the Game**

*Dr. Jenny Brockis*

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Living in our fast, busy and increasingly complex world, it can feel hard knowing how to keep up. Having a brain that is capable of handling the vast amount of change we meet on a daily basis is essential to allow us to really thrive. Being so busy means we can overlook those little warning signs we are not coping so well, which can have a major impact on our mental performance. Future brain reminds us what to look out for, and what it takes to optimise our brains for continual high brain performance.

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#### **Sunny Weaver:**

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