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**February 13th 2013: Brain Guide: Myths and Truths**

Do you know the truth about your own brain? Do you really know how to use that three pounds of gray matter? Do you know how to keep your brain healthy and fit? What about the things you hear on the news or read on the Internet about your brain? Is it true that you only use 10 percent of your brain? Can the brain fully restore function after an injury? Are we capable of more than we know? Today I'll give you ten tips about your brain that will change the way that you live!



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