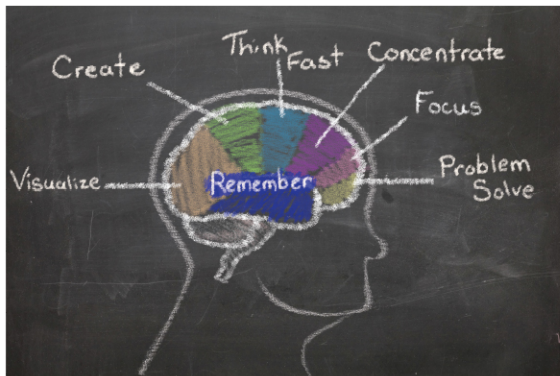




Your brain can just keep getting better and better and better...

Research has shown that systematic brain training can help build brain power.

Just a few years ago, the brain was a complete mystery. Experts believed that the brain was like a sealed black box, and you were stuck with whatever nature gave you at birth. Now we know that the brain can keep adapting and building throughout life. This ability to reorganize and create new pathways is called “neuroplasticity” and it’s the science behind the **Captain’s Log MindPower Builder**.



Designed by a neuropsychologist, the **Captain’s Log MindPower Builder** provides the variety you need for in-depth training and adapts to you to give you the systematic, research-based exercises your brain needs. Regular practice in meeting the challenges of the training exercises can help you to train your attention, memory, self-control, processing speed and problem solving abilities.

Your brainpower is in your hands. Get started today!

Success Stories

“As a brain professional I use Captain’s Log because it works, and I am passionate about it because it is the product I credit with restoring my brain...Many treatments offer the chance to get into a normal range of function. Normal was not enough for me; I wanted recovery and that is what I aimed for. In the beginning I was driven because I was afraid and needed to prove to myself that I could still function. Now I am passionate about living and doing things that matter.”

– Dr. Amy Price
Consultant

“I want to share with you our excitement over the great success our college students are realizing from participating in this program. This group of students includes a wide range of disabilities, from severely disabled to mildly learning disabled. In just a short period of time we are seeing great improvement in these students’ abilities in memory, in reading and in all the other basic cognitive areas covered by Captain’s Log. Most exciting of all, we are seeing these skills generalize into daily living and improve the students’ quality of life! We highly recommend Captain’s Log.”

– Bobby Roberts
Shasta College, Redding, CA

Congratulations on your decision to build your brain power!

If you have ever excelled in a sport or learned to play a musical instrument, you already understand the key principles involved in training your brain. To quote Dr. Wayne Gordon, Associate Director of the Department of Rehabilitation Medicine at Mount Sinai School of Medicine, "It's all a matter of re-learning cognitive skills and doing that in very structured ways with a tremendous amount of practice."



As is the case with learning anything new and complex, you will need to start at the beginning with basic skills. Although it starts out pretty easy, as you advance, you may find at times that the going gets tough. If you become frustrated, just remember, the very fact that it's difficult means that your brain is hard at work building new neuropathways and connections. Be patient with yourself. It's a bit like getting sore muscles when you exercise at the gym. Your persistence will begin to pay off once you have accumulated 20-30 hours of work. Then you will find that when you need to think, even in a demanding situation, your new capabilities will come on-line.

Set your goal. You need to practice a minimum of four days a week, for half an hour a day. If you miss a day, do two half-hour sessions the next day. If you want to go faster, do three hours a week instead of two-and-a half. You could do as much as four half-hour sessions per day. You need to over-learn these skills. Practice until you can do the exercises in your sleep.

The **Captain's Log MindPower Builder** is like a personal trainer for your mind. It adapts to your specific strengths and weaknesses. It pushes you to test your own limits - to think more quickly, to remember more, to focus better.

Don't ever give up! Keep on giving it your best effort. You may find yourself amazed at what you can do.



"I have been using the BrainTrain cognitive training software for about 9 years and am consistently amazed by client outcomes...One of my clients, a 55 year old man, with a post 5-year right brain injury regained use of much of his prefrontal cortex. Now, engaging in conversation using critical thinking skills and planning and executing tasks related to his daily life and future are not only possible for him, he feels like he has gotten his life back."

-Lonnie Rae Smith
Consultant, Vancouver, WA

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