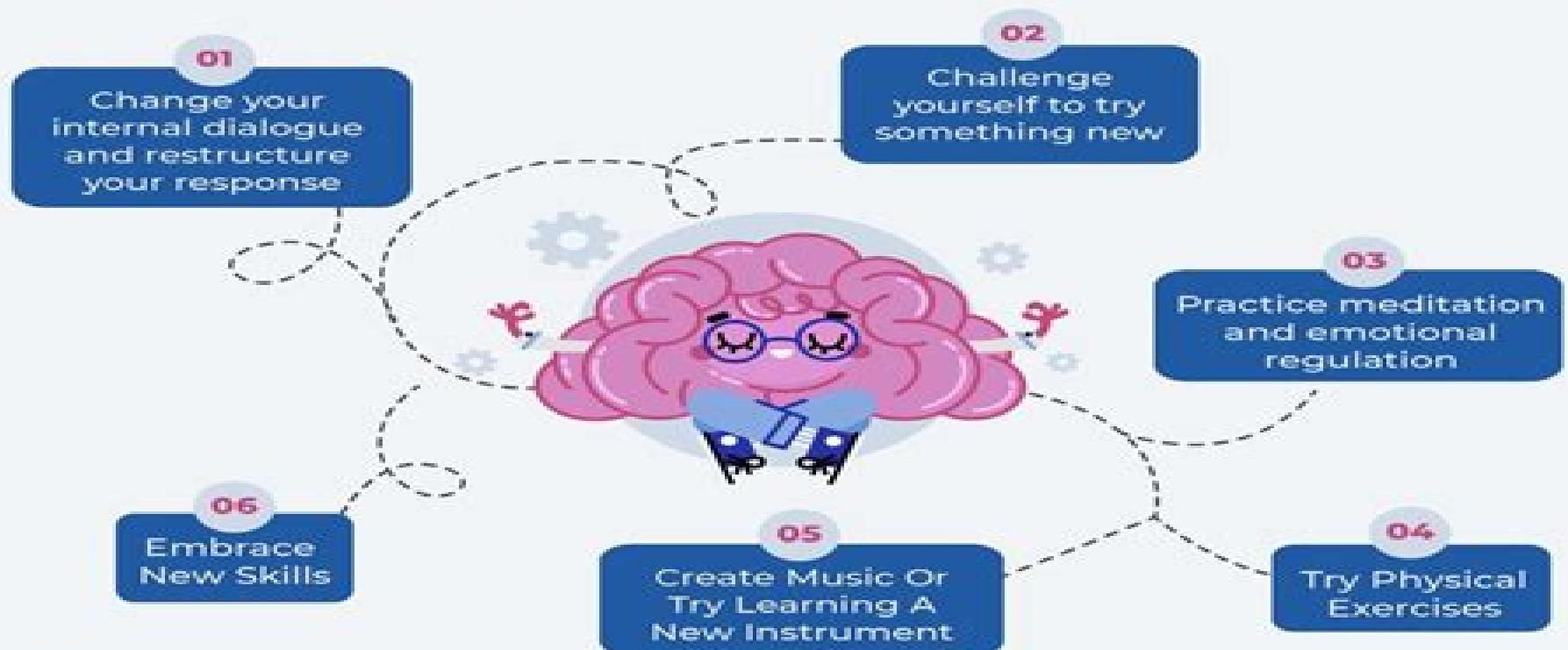


# HOW TO REWIRE YOUR BRAIN?

Neuroplasticity is the brain's ability to rewire itself by paving new neural pathways when it feels the need to adapt. In simple words, our brain is ever-growing, ever-changing, and ever-improving.

**HERE ARE SOME EASY  
NEUROPLASTICITY EXERCISES TO TRY:**



# Rewire Your Brain

**Ying Liu**



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