



Kagge Forlag 2018
203 pages
Original title: *Hjernetrening*
Slik Holder du Hjernen i Form
ISBN: 9788248921325

FOREIGN RIGHTS

Stilton Literary Agency
Hans Petter Bakketeig | Tel: +47 47 67 47 59 |
hanspetter@stilton.no | www.stilton.no

RIGHTS SOLD TO

Rosinante & Co, Denmark
Marginesy, Poland
Norstedts, Sweden
Piter, Russia

OTHER TITLES

Your SUPERSTAR Brain (2016)

Kaja Nordengen

Keep Your Brain Trained for Life

Every time you use a new piece of kitchen equipment, work out what a food product costs based on its price per kilo, find a new place without using your satnav or tackle other everyday challenges, you're training your brain.

In this book brain researcher Kaja Nordengen teaches us about brain training. She has compiled many fun tasks, ranging from the simple to the challenging, that you can use to train your brain. From day-to-day challenges such as brushing your teeth with the "wrong" hand and learning five words in a language that you do not know, to fun number exercises, Mensa's intelligence test and Hans Olav Lahlum's original chess tips.

When we learn new things and challenge our brains, new connections are formed between our neurons. You improve in your training while also protecting yourself from dementia.

Kaja Nordengen

Ph.d. Kaja Nordengen (b.1987) is a physician specialising in neurology at Akershus University Hospital. She also teaches at University of Oslo. She did her Ph.d. in 2014: "The localisation and function of NAA, NAAG and their derivatives in the brain." Nordengen has always been fascinated by the brain.
Please watch her tedtalk *Invented reality*.



Stilton
Literary
Agency

Stilton Literary Agency

stilton.no