



The Vigorous Mind: Cross-train Your Brain to Break Through Mental, Emotional, and Professional Boundaries

Ingrid Cummings

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Learn how to 'Cross-Train Your Brain.' Here's why:

To make the most of your precious leisure time. *The Vigorous Mind* will address that most fundamental of questions: How Shall I Spend My Time? Overwhelmed by the turbocharged pace of modern life, we let too much of our brainpower lie dormant. Could leisure represent an opportunity for something more substantial, such as personal growth and development?

To move past the rut of over-specialization. Society has gone too far in the direction of simplicity and over-specialization. The dawning trend is beginning to emerge: A corrective move back to glorifying generalists ('Renaissance people') as the big-picture, intersectional thinkers we are. Let's diversify our brain's portfolio!

To put a stop to 'mental malnutrition,' or 'the blahs.' Many of us are listless, depressed, or anxious but aren't sure why or what to do about it. Hint: Neuroscience shows that the brain needs a well-rounded array of pursuits to stay intellectually sharp and emotionally healthy, as well as to resist the ravages of Alzheimer's and dementia.

To achieve greater professional success and overall life gratification. Building a more vigorous mind will tremendously enhance your engagement with the world.

But is it possible to be a 'Renaissance person' in our modern era? In *The Vigorous Mind*, you will discover that the ancient eastern philosophy known as *kaizen* makes it achievable, if you devote as little as 20 minutes a day to cross-training your brain.

In *The Vigorous Mind*, professional 'Renaissance woman' Ingrid Cummings offers a social criticism and inspiring self-improvement program that details the antidote to mental undernourishment, unfulfilling careers, untapped talents, and unexplained boredom. Through the techniques and insights in *The Vigorous Mind*, you will build a more complex, interconnected brain and replace indifference with cognitive reengagement, a sense of optimistic gratification, and a full-to-the-brim life lived without regret.

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Karl Irwin:

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