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## Best free brain training apps 2019

Last updated on January 13, 2020 Whether it's at work or school, people these days are under immense pressure to perform, perform and perform! Stress and pressure can have adverse effects on a person's well-being, and need to be controlled. That doesn't mean you're hitting on your nearest therapist. There are a number of great and smart apps you can use on your phone. These brain training applications have been scientifically designed to target certain areas of the human mind and to control harmful emotions, such as anxiety, as well as to improve memory and clarity of the brain. Here are 11 iPhone apps that you will not only enjoy, but also find useful in maintaining balanced mental health at all times.1. LumosityThis application consists of games that focus on improving user memory, problem-solving ability, attention, and thinking. There are three games in each session, and they challenge the brain by changing each time. The user must complete the games while playing against a watch. Free. of trial. \$15 a month for the full version. 2. Fit Brains TrainerThis brain training app has 10 sets of games that work on different areas of the brain and improve memory as well as concentration. A user is required to complete a specific activity in each category on a daily basis, and the app tracks progress through a color-coded graph. Free.3. CogniFit Brain FitnessDeveloped with the help of neurologists, this fun app improves a person's cognitive skills, which includes memory and focus. The user's progress over a period of time can be tracked. Users can also play challenge rounds with their friends. The app also changes the difficulty level to fit the user profile and provide results-based recommendations. Spending 20-30 minutes a few times each week can provide measurable improvements in a user's performance. First four free games, then \$13 a month.4. Brain Fitness ProProducers of this app claim that it can improve a user's IQ and improve intelligence and memory. The app is fun and easy to use, and 30 minutes a day can deliver results in less than three weeks. Buy for \$3.99.5. HappifyIf nothing else makes you happy in life, this app will. Well, this is what developers claim at least. This application comes loaded with a lot of tests, surveys and gratitude journals, working on the fundamentals of positive psychology. The app also helps to control stress and emotions to make you feel better. Free to use.6. Clockwork Will want the little golden robot that comes every time to explain the next game you are going to play. While games are not much different from those offered in apps, it would be Luminosity, the look reminds me of a workshop from the old days. Free. 7. ReliefLinkOriginally created as an application for suicide prevention, it found its use as a great app for tracking the mood of the user by taking into account all things relevant to the mental health of the user. If the user user High emotional stress, the app has an adaptation mechanism that includes voice-recorded mindfulness, exercises and music for relaxation. There is also a map that informs the user of the nearest therapist and medical facilities for the treatment of mental health.8. EideticEidetic is a memory improvement application and uses a spaced repetition technique to help users memorize information such as important phone numbers, words, credit card details or passwords. It also notifies you when it's time to take a test to see what you remember so you can keep the information in your long-term memory.9. BrainleBrainle helps maintain brain clarity and improve a person's reasoning ability through riddles and optical illusions. It is different from other brain training applications that use tests based on memory and reaction. You can also compete with friends and family members in figuring out fun riddles. Free.10. No Hole StoryIf you have a penchant for solving hard riddles, then this app is a must-have for you. Full of exclusive riddles, along with a simple-to-use interface, the app gives you riddles that you need to solve with a book. You will be given clues along the way, and when you give up, the answers will be revealed. This app will encourage you to broaden your thinking and put your mind to a challenging test. Free.11. Personal ZenThis fun brain training app follows the journey of two animated characters traveling through a grass field. Personal Zen is a beautiful app designed to reduce anxiety and trains the brain to focus on the positives. The developer's advice is to use the app for 10 minutes a day to see the best results. Free.More to Boost Your Brain PowerFeatured Photo Credit: NeONBRAND through unsplash.com A Man Debuts His Brain Memory Training Device at CES | Robyn Beck/AFP/Getty Brain Images Training and Memory Enhancement Apps for Smartphones have become mainstream in recent years. You may even have noticed a friend or family member using one. They often involve games that involve short-term memorization. The concept is that you actively train your brain to function better and improve your memory. It's essentially a speed bag for your mind. The problem, though, is that there is much evidence to suggest these applications actually work. That's not what I promised, anyway. In fact, when you look at the data on your hand, brain formation has only proved fruitful in a few ways. It can help ward off dementia in certain cases, for example. But in terms of making you a genius? Or at least get better on your feet? Evidence still The new research brings further concerns about these applications and programs. These games might make you feel like you're doing something positive and becoming clearer, but new data suggests that it might actually be doing more harm than good. You might be hurting your cognitive skills by using brain training programs rather than building them. A new study, published in Memory and Cognition show an alarming relationship. According to this study, people are performing worse on cognitive tests than they would have if they hadn't done any brain training at all. Brain Training: Does it do more harm than good? A neon brain | iStock.com So, have the researchers come to this conclusion? Laura Matzen, a researcher in cognitive science at Sandia National Laboratories in Albuquerque, and her team studied memory and knowledge in 86 test subjects. Their goal was to see if memory and cognitive training programs had any long-term impact on working memory. In this study, we compared three groups of participants: a group that received [working memory] wm training, a group that received training on how to use a mental imaging memory strategy, and a control group that did not receive any training, the study shows. Two of the three groups performed more or less as expected. The interesting part? Although the performance of the image training group on a memory recognition task increased after training, the WM training group's performance on the task decreased after training. Why would that happen? If people are putting effort into cognitive exercises, wouldn't we expect to see the exact opposite? The answer has to do with the methods we use to store information. Participants' descriptions of the strategies they used to remember the elements studied indicated that WM training can lead people to adopt memory strategies that are less effective for other types of memory tasks, the study shows. These results indicate that WM formation may have unintended consequences for other types of memory performance. Memory Improvement Strategies Student Studying | iStock.com So the strategies we use to remember things during cognition exercises seem to be the culprit. These strategies, whatever they may be, do not teach us to improve our thinking. They just allow us to get over the task we have, not necessarily increase our cognitive capacity. It affects our ability to remember information as a result. Obviously, for most of us who use these apps and programs, this is the opposite of the desired result. That's not necessarily the fault of those who make these products or services, it just gives us a glimpse into our psychology and cognition. We adapt to meet the requirements of the task. It's human nature. Note also this is just a study with a relatively small pool of participants. Before you can say brain training is irrefutable bunk, much more research will need to be conducted. With that said, you might want to keep trying – but keep in mind that you might be subconsciously using memorization strategies, are helping your skate by. The best thing you can do for your brain, to shoot with cognition on all cylinders? Probably to move your blood heading to the gym. There's a link between physical condition and cognition, so it's a good place to. As for brain training? Continue at your own risk. Risk.

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