



88 Cemilan Otak Sehat (Indonesian Edition)

Sutanto Windura

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Sinopsis: Tidak seperti cemilan lain yang kadang tidak sehat, buku ini adalah cemilan otak yang sehat, yang dijamin bermanfaat dan enak dikonsumsi otak Anda. Cemilan ini akan membuat otak Anda berlipat-lipat ganda lebih efektif, efisien, dan sehat! Buku ini merupakan bagian dari Brain Management audio tips saya di jaringan radio Smart FM yang ditayangkan di lebih dari 11 kota di Indonesia dan Maestro FM di Bandung. Tip ini begitu digemari dan mendapatkan sambutan luar biasa sehingga mendorong saya untuk membukukannya. Dilengkapi tip-tip lain yang lebih nyaman ditampilkan secara visual, artikel-artikel pada buku ini sangat mudah dipahami, mudah dicerna, dan dipraktikkan dalam kehidupan sehari-hari sehingga saya menamakannya Cemilan Otak yang sehat dan menyenangkan. Mudah dibaca oleh semua usia dan semua lapisan masyarakat dan bisa menemani waktu-waktu senggang Anda di mana pun, termasuk di the greatest place on earth for creative thinking... WC! Ya, mengapa tidak? Penelitian menunjukkan bahwa ide-ide kreatif datang dari tempat tersebut. Saya sungguh mengharapkan pembaca dan seluruh masyarakat Indonesia dapat menjadi Melek Otak, dan bersama-sama kita mampu membangun kembali kedigdayaan otak bangsa Indonesia. Rebuilding the Brain of Indonesia! Make the Most of Your Brain!
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