

# 'Brain-training' games help you play said games, not much else

October 06, 2016

## Chicago Tribune:

Spend enough time playing “brain-training” games, and you’ll get pretty good at games. But you won’t necessarily get better at anything else.

That’s the conclusion of an extensive review published in the journal *Psychological Science in the Public Interest* this week. A team of psychologists scoured the scientific literature for studies held up by brain-training proponents as evidence that the technique works – and found the research wanting.

Read the whole story: [Chicago Tribune](#)