

# Buff Your Brain

January 06, 2012

## *The Daily Beast:*

Brain training to sharpen memory. Aerobic exercise to preserve gray matter. Meditation to hone connections between reason and emotion.

It all sounds great, but there's something that has long bothered us about the growing number of studies pinpointing ways to buff your brain: they don't go far enough. Sure, exercises to improve memory are better for your brain than, say, watching reality TV, but the most you're going to gain is more reliable access to knowledge already scattered around your cerebral cortex. If the information isn't in there, no amount of brain training will tell you how the Federal Reserve system functions, why the Confederacy lost the Civil War, the significance of Picasso's *Demoiselles d'Avignon*, or why Word just crashed.

Read the whole story: [News Week](#)