

The Weak Evidence Behind Brain-Training Games

October 04, 2016

The Atlantic:

If you repeat a specific mental task—say, memorizing a string of numbers—you’ll obviously get better at it. But what if your recollection improved more generally? What if, by spending a few minutes a day on that simple task, you could also become better at remembering phone numbers, or recalling facts ahead of an exam, or bringing faces to mind?

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And they might be wasting their money, according to a team of seven psychologists led by Daniel Simons at the University of Illinois. The team, most of whom have worked on brain-training themselves but have not received money from the industry, spent two years reviewing every single scientific paper cited by leading brain-training companies in support their products—374 in total.

Read the whole story: [The Atlantic](#)