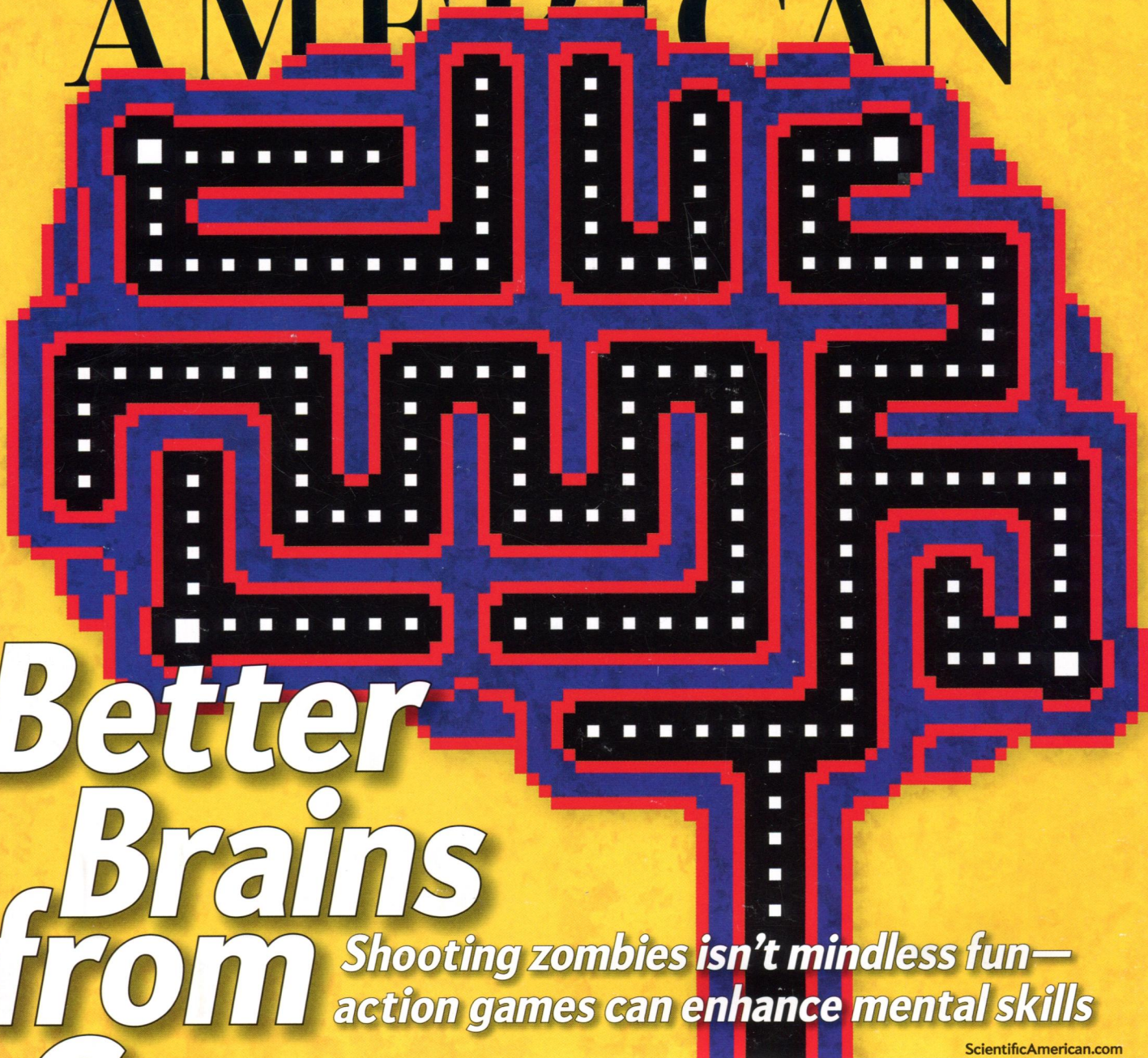


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## Better Brains from Games

*Shooting zombies isn't mindless fun—  
action games can enhance mental skills*

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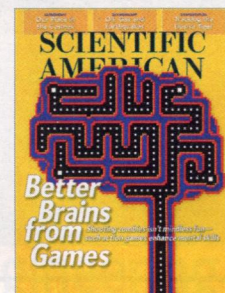
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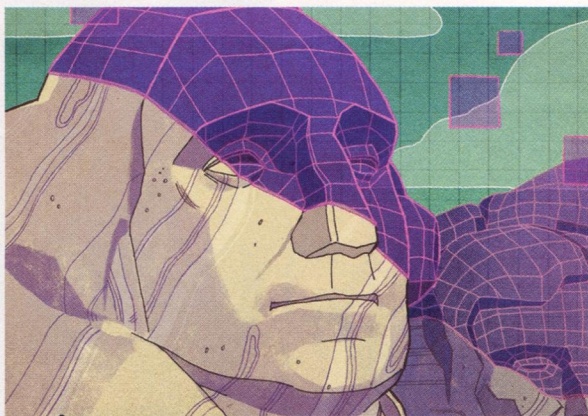
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Playing action video games, at times reviled as mindless entertainment, has unforeseen benefits. It improves some types of mental functioning, enhancing attention and the ability to process information quickly. What is more, players make greater gains than those who indulge in techniques billed explicitly as brain training. Illustration by Jude Buffum.

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