## The 10 Principles of NEUROPLASTICITY

**01**Use it or Lose it

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Use it and Improve it

03

Specificity Matters

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Repetition Matters

05

**Intensity Matters** 

06

Time Matters

**07** 

Salience Matters

08

Age Matters (sort of)

09

Transference (Generalisation)

10

Interference

Read the full blog on our website to find out more!







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