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Is your brain ready for the challenge?

Anyone expecting a game might be disappointed. The sessions are challenging, require concentration and can be a bit grueling.

Posit Science's **Brain Fitness Program** costs between \$395 and \$595, depending on the features you select, and comes with heavy-duty headphones. It tracks your progress and will ease up on you when you appear to need a break To sample, go to www.positscience.com/programs/tour.php.

Another leader, SharpBrains, markets a program called **MindFit Brain Workout** that provides a wider variety of tasks to work on short-term memory, naming, divided attention, planning, hand-eye coordination and other cognitive measures.

It assesses your strengths and weaknesses and then dispenses tasks designed to your needs. It shows your progress — or lack of it — as you continue. The company suggests 20 minutes a day, three times a week, for eight weeks.

The personal edition of MindFit retails for \$139. To sample, see: www.sharpbrains.com/get-started/mindfit/demos.

Another company, Quixit Science, has created **Happy Neuron Games** (www.happy-neuron.com/games). It also offers a wide range of tasks designed to challenge memory and attention. It is offered by online subscriptions, such as \$9.95 per month or \$99.95 per year.

There are about 10 other online programs on the market.

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