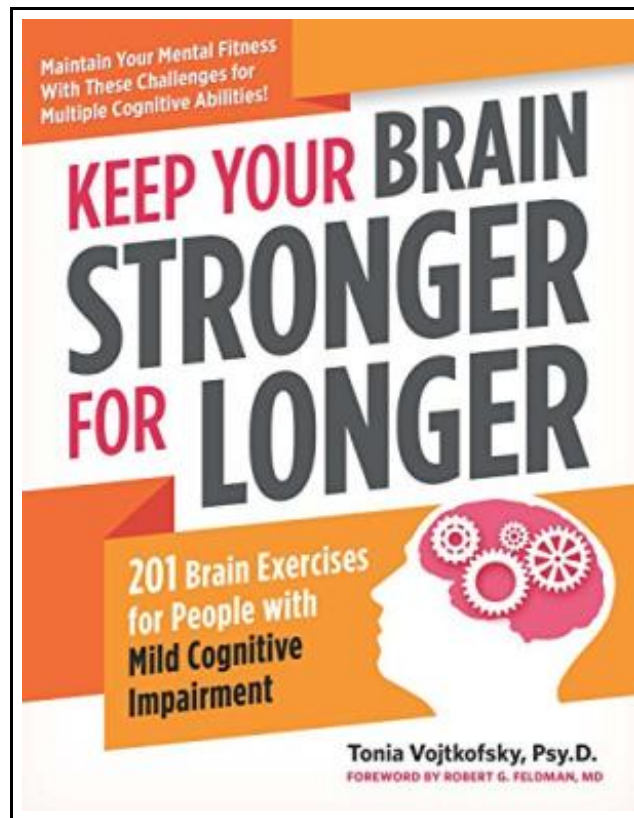


Keep Your Brain Stronger for Longer: 201 Brain Exercises for People with Mild Cognitive Impairment



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Reviews

It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.
(Lavina Torp)

KEEP YOUR BRAIN STRONGER FOR LONGER: 201 BRAIN EXERCISES FOR PEOPLE WITH MILD COGNITIVE IMPAIRMENT

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Experiment LLC, The. Paperback / softback. Book Condition: new. BRAND NEW, Keep Your Brain Stronger for Longer: 201 Brain Exercises for People with Mild Cognitive Impairment, Tonia Vojtksky, Robert G Feldman, Start Exercising Your Brain Now: 201 Word and Number Exercises to Challenge Your Memory, Reasoning, Visual-Spatial Skills, Vocabulary, and More! Keep your brain active, even with MCI. For adults with Mild Cognitive Impairment, brain exercises are the best way to stay sharp and delay the onset of dementia. That's why cognitive specialist Dr. Tonia Vojtksky tailored this fun workbook specifically for people with MCI. It's the first of its kind! Find a word that meets the definition and contains the letters CAN Truthful; straightforward; frank A brown nut with an edible kernel A cylinder black of wax with a wick Pick the one statement that is correct: UWYVXV is right of X.W is right of V.V is between U and Y.Y is right of W.Find and complete the pattern: 5, 8, 12, 17, 23, _____, _____, _____, _____.14, 56, 224, 896, _____, _____, _____, _____.5, 15, 30, 90, 180 _____, _____, _____. Plus: Complete the word, image recall, determine the order, matching, true or false, logic problems, decode using clues, trivia, discover the pattern, word mazes, and math games." The idea for the book originated from my need to provide appropriate brain exercises for my clients who have MCI. All of the brain-exercise books on the market today are for people with no cognitive impairment and therefore were too hard for my clients. I knew that I had to provide something for this underserved population. Dr. Tonia Vojtksky".



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