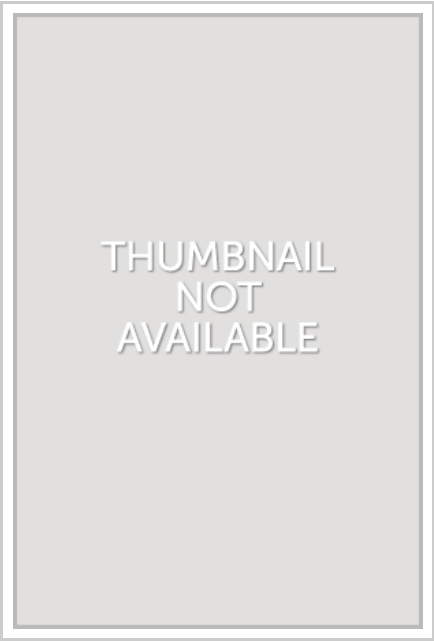


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Keep Your Brain Stronger for Longer: 201 Brain Exercises to Maintain Your Mental Fitness (Paperback)

By Tonia Vojtkofsky

Short Books Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 232 x 170 mm. Language: English . Brand New Book. Our brains need a well-rounded workout just like our bodies! Research has shown the benefits of keeping our mental abilities strong, and those who challenge their brains throughout their life have a lower risk of developing dementia and cognitive impairment. Tonia Vojtkofsky PsyD - a psychologist and brain health specialist - has put together a variety of fun exercises to challenge the full range of your cognitive functions, from memory and reasoning to language and visual-spatial skills. Start at the beginning and work your way through, or pick and choose which exercises you want to do each day - you ll be giving your brain the ultimate tune-up!.

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