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Mental Fitness Cards: 100 Exercises for a Healthy Brain: Aerobics for the Mind

Marge Engelman

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Marge Engelman : Mental Fitness Cards: 100 Exercises for a Healthy Brain: Aerobics for the Mind before purchasing it in order to gage whether or not it would be worth my time, and all praised Mental Fitness Cards: 100 Exercises for a Healthy Brain: Aerobics for the Mind:

79 of 79 people found the following review helpful. Aerobics of the Mind Cards reviewBy Utah PamelaI had brain surgery two years ago and have had slight memory problems since then. I ordered these cards after seeing a PBS show on brain plasticity and thinking that I might improve my memory with exercise (not just doing the same type of brain game over and over). These cards give you all kinds of ideas to work different parts of your brain, in groups or by yourself. I not only have improved my memory, but also my focus and mental alertness. I have receommended them to many other friends and and we're just in our fifties!10 of 10 people found the following review helpful. Granny loves it~By CustomerI purchased this card set for my 85 year old grandmother who is having some memory issues. She absolutely loves the Mental Fitness Cards. There is one exercise that wants you to do word associations. We had a blast and probably did this for at least an hour. Not only was she giggling like a child, but it was really working her brain! I would definitely recommend this item for anyone who needs to keep their brain active.24 of 24 people found the following review helpful. My parents are loving this!By LA RiderI bought these cards because my mom was recently diagnosed with "age-related memory loss" and I thought these would be great for her. They are. Turns out she (who is 76) and my dad (who is 86) do one card every night after dinner - instead of watching TV - and are absolutely

loving it. It stimulates their brains, they have fun and they find out things about each other that they never knew! I'm very happy with my purchase and recommend this product to anyone with memory issues. I may even buy a set for myself as preventative medicine!

Take charge of your own mental fitness and keep your mind active with these 100 activity cards, designed to exercise your brain and improve your memory! Twelve challenging card categories stimulate your creative abilities. These cards can be used by individuals or small groups to keep the mind active at any age.

About the Author These cards were developed by adult education specialist and teacher Marge Engelman, PH.D., author of *Aerobics of the Mind: Keeping the Mind Active in Aging*.