



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

Tonia Vojtkofsky Psy.D

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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 Vojtkofsky tailored this fun workbook specifically for people with MCI. It's the first of its kind!

1. Truthful; straightforward; frank
2. A brown nut with an edible kernel
3. A cylinder black of wax with a wick

1. V is right of X.
2. W is right of V.
3. V is between U and Y.
4. Y is right of W.

1. 5, 8, 12, 17, 23, _____, _____, _____, _____.
2. 14, 56, 224, 896, _____, _____, _____, _____.
3. 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 Vojtkofsky

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Margaret Wright:

This Keep Your Brain Stronger for Longer: 201 Brain Exercises for People with Mild Cognitive Impairment book is not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is information inside this guide incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. That Keep Your Brain Stronger for Longer: 201 Brain Exercises for People with Mild Cognitive Impairment without we recognize teach the one who reading through it become critical in considering and analyzing. Don't possibly be worry Keep Your Brain Stronger for Longer: 201 Brain Exercises for People with Mild Cognitive Impairment can bring when you are and not make your carrier space or bookshelves' turn out to be full because you can have it in your lovely laptop even phone. This Keep Your Brain Stronger for Longer: 201 Brain Exercises for People with Mild Cognitive Impairment having excellent arrangement in word in addition to layout, so you will not sense uninterested in reading.

Marie Boyd:

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Paul Green:

The publication untitled Keep Your Brain Stronger for Longer: 201 Brain Exercises for People with Mild Cognitive Impairment is the reserve that recommended to you to learn. You can see the quality of the publication content that will be shown to a person. The language that writer use to explained their way of doing something is easily to understand. The article writer was did a lot of analysis when write the book, to ensure the information that they share to you is absolutely accurate. You also could get the e-book of Keep Your Brain Stronger for Longer: 201 Brain Exercises for People with Mild Cognitive Impairment from the publisher to make you much more enjoy free time.

John Singletary:

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nevertheless delivering the information. The writer giving his/her effort to put every word into enjoyment arrangement in writing *Keep Your Brain Stronger for Longer: 201 Brain Exercises for People with Mild Cognitive Impairment* yet doesn't forget the main position, giving the reader the hottest along with based confirm resource data that maybe you can be considered one of it. This great information can certainly drawn you into brand-new stage of crucial contemplating.

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