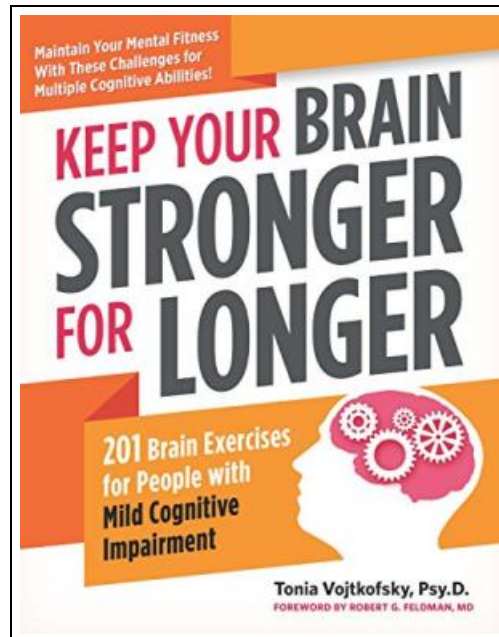


## Keep Your Brain Stronger for Longer: 201 Brain Exercises for People with Mild Cognitive Impairment



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## 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 Vojtkofsky, 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 Vojtkofsky 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; frankA brown nut with an edible kernelA cylinder black of wax with a wickPick the one statement that is correct: UWYVXV is right of X.W is right of VV 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 Vojtkofsky"".

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