

Dental Floss For The Mind - Michel Noir

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A dynamic program for improving memory and sharpening focus Each year, Americans spend hundreds of millions of dollars on gym memberships, exercise equipment, and workout videos, all in the name of physical fitness. But what are they doing for their minds? In Dental Floss for the Mind, a leading cognitive scientist and a neurologist team up to offer you a complete program for improving memory and stimulating your mind. This interactive guide features: More than 100 creative and engaging exercises of increasing difficulty to stimulate cognitive skills Targeted exercises for improving the five key cognitive areas: memory, attention, language skills, visual and spatial recognition, and reasoning ability A scoring system for assessing current status, along with prescriptive tips for improving each cognitive area Author: Noir, Michel Publisher: McGraw-Hill Illustration: N Language: ENG Title: Dental Floss for the Mind Pages: 00000 (Encrypted PDF) On Sale: 2005-03-01 SKU-13/ISBN: 9780071447768 Category: Games : Logic & Brain Teasers Category: Self-Help : Personal Growth - Memory Improvement Category: Psychology : Cognitive Psychology

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