



## Draw Your Way to a Younger Brain: Cats : An Art Therapy Book

By Catris Anastasia

Paperback. Book Condition: New. Not Signed; Description: Misplacing your wallet, forgetting where you parked your car, or getting your friend's birthday wrong: these are just some of the many common memory slips we all experience from time to time. And such cognitive lapses don't just plague the elderly; the most common worry of people over 40 is memory loss. A recent study by Newcastle University, featured on BBC news, showed that art therapy has greater benefits than puzzles and exercises when it comes to improving memory function. Engaging the brain in new and creative ways may be the key to a sharper 'younger' mind. Helping to enhance your brain's cognitive function through art therapy techniques, this book contains 30 intricate line drawings of cats and big cats, with space on the opposite page for you to copy the illustration and some helpful hints to start you off. There is also the opportunity to colour in and to create some of your own illustrations as you progress. Gradually becoming more challenging, every page will help to stimulate parts of the brain that are vital for memory retention. With this book you will draw your way to a younger brain. book.



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