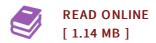




Draw Your Way to a Younger Brain: Cats : An Art Therapy Book

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.



Reviews

It in a of my personal favorite book. It really is filled with wisdom and knowledge Your daily life period will likely be enhance the instant you total looking at this pdf.

-- Mr. Rocio Schroeder Sr.

Complete guide! Its such a good go through. It is rally fascinating through reading period of time. Its been written in an extremely basic way and is particularly only after i finished reading through this publication through which really changed me, change the way i really believe.

-- Mrs. Macy Stehr

You May Also Like



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 251×178 mm. Language: English . Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to sharpen their skills and don t mind...



Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Twitter Marketing Workbook 2016 Learn how to market your business on Twitter for free A best-selling...



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...