



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

By Tonia Vojtkofsky, Robert G Feldman

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; frank A brown nut with an edible kernel A cylinder black of wax with a wick Pick the one statement that is correct: UWVXV is right of X.W is right of V.V 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,...



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