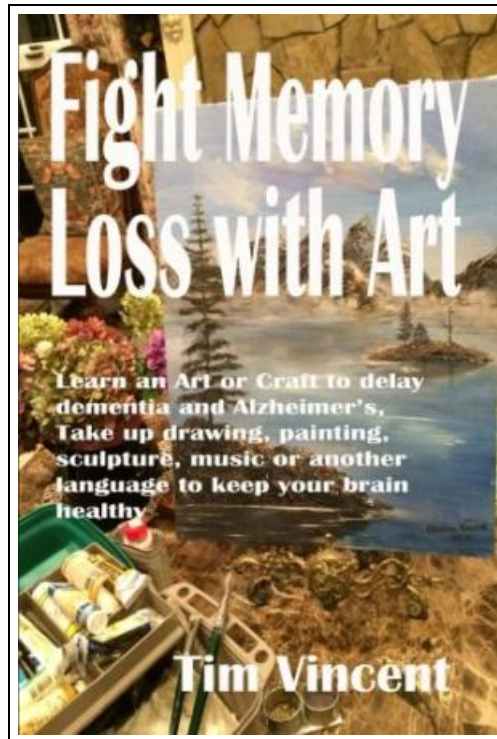


Fight Memory Loss with Art: Learn an Art or Craft to Delay Dementia and Alzheimer's, Take Up Drawing, Painting, Sculpture, Music or Another Language to Keep Your Brain Healthy



Filesize: 9.1 MB

Reviews

This written ebook is fantastic. It is probably the most incredible ebook we have read. Its been written in an extremely basic way in fact it is just following i finished reading this publication where basically modified me, affect the way i think.



(Howell Reichel)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Nobody wants to lose their thinking ability and precious memories. However, for a large number of us, increasing life expectancy can mean exactly that. Fortunately, there is one thing that seems to be able to increase the capacity of the brain and make it remain healthy for longer. That thing is Art. You can fight memory loss with art and you can protect your future. Art and art related pastimes have been shown to cause the human mind to react in a number of unique ways. Drawing and painting may seem to just be pleasant things to do as a hobby, but in the background they really make your brain work hard. They can be used as a form of brain exercise, a bit like the way you exercise the rest of your body doing sports or in the gym. Believe it or not, doing art in the right way can make your brain grow and get better connected inside. Getting a bigger and better brain seems to be the key to protecting yourself against ending up with such things as dementia and Alzheimer s. This book explains how you can use a range of art related activities to stimulate your brain, make it grow in size, increase the number of nerve cells and improve the nerve connections between the different parts of the brain. All of this can help reduce your chances of ending up with dementia type illnesses later in life. This book covers the sorts of activities you need to do, the best time to start out in the arts, and the ways you can maximize the protection for later in life. Evidence for the effectiveness of art is...

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