



Preventing Dementia (Paperback)

By Karen Aken

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. Loss of brain function is a scary thing. I remember after my Father watched my Grandfather slowly lose his mind and then his life to Alzheimer s he tried every way he could to not meet the same fate. He played a lot of Sudoku, tried to eat a healthier diet, and exercised daily. Sudoku seems to be the main exercise people go to when they fear dementia. Sudoku is great at exercising your brain, but it only exercises the brain s mathematical functions. If you are planning on doing lots of Math during your golden years, then doing Sudoku every day is perfect for you. If you would like to ensure that all of your brain s functions will continue to work properly, then you might want to add a wide variety of activities to improve all brain functions. The goal of this book is to change up your routine, help you start living a healthier lifestyle (if you aren t already), and to challenge your brain with new and sometimes random activities you may not have not...



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