


Maintain Your Mental Fitness
With These Challenges for
Multiple Cognitive Abilities!

KEEP YOUR BRAIN STRONGER FOR LONGER

201 Brain Exercises
for People with
Mild Cognitive
Impairment



Tonia Vojtkofsky, Psy.D.
FOREWORD BY ROBERT G. FELDMAN, MD

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: U W Y V X V 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, discover the pattern, word mazes, and math games. "The idea for the book originated from my need to provide appropriate brain exercises for my clients who have MCI. All of the brain-exercise books on the market today are for people with no cognitive impairment and therefore were too hard for my clients. I knew that I had to provide something for this underserved population." --Dr. Tonia Vojtkofsky

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