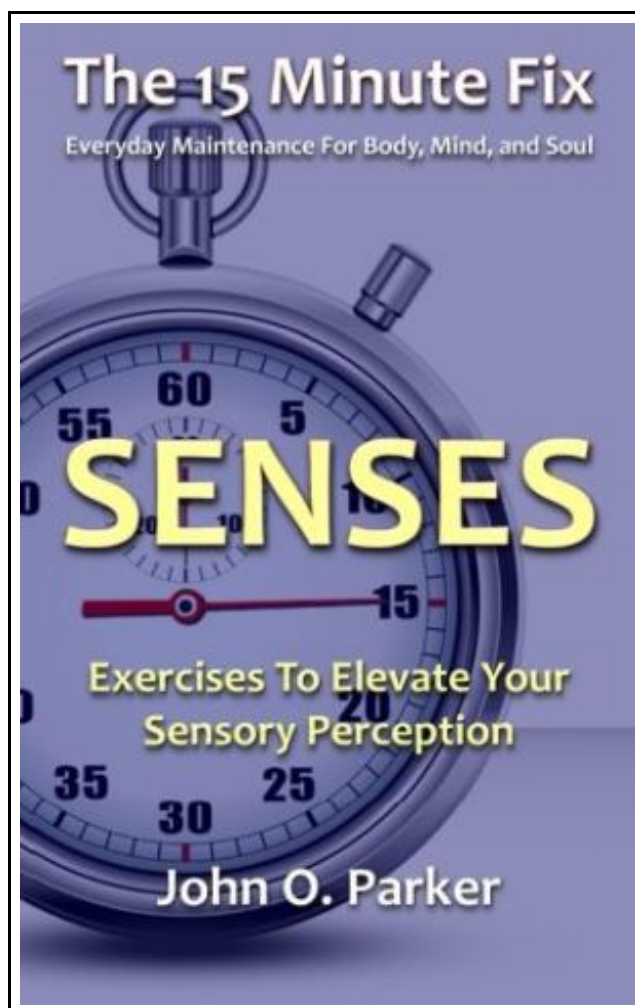


## The 15 Minute Fix: Senses: Exercises to Elevate Your Sensory Perception



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## THE 15 MINUTE FIX: SENSES: EXERCISES TO ELEVATE YOUR SENSORY PERCEPTION



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Tidal Publishing, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you find it difficult to hear conversations in a crowd or that you need to turn up the volume more than you used to? Do you no longer notice the taste or smell of a good meal? Have you forgotten how wondrous textures and human contact can feel? Your sense of smell and sense of taste can deteriorate as you age. You may feel that your sense of hearing isn't as sharp as it used to be, or perhaps you are already dealing with more significant hearing loss. Even your sense of touch can decline as you get older. If you want to find ways to improve your senses, The 15 Minute Fix: SENSES is here to help. This book will teach you to use sensory exercises to improve your sensory perception, help your brain better interpret the information sent to it by your nervous system, and reintroduce you to the wonders of the world around you. You will also learn to use sensory exercises to alleviate stress, sharpen cognitive function, increase energy levels, and generally improve your quality of life. Inside, you will find a variety of exercises for your senses: hearing exercises, smell exercises, taste exercises, and touch exercises (only four of the five senses are covered in this volume - sight is covered in The 15 Minute Fix: VISION). These exercises to combat aging will improve your nervous system, build new neural pathways, and heighten your senses. In addition to 40 different exercises designed to heighten and sharpen your senses in only 15 minutes a day, you will find: -Progress tracking tests and tools -Sample workout plans -Tips for taking care of...



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