



## Hold on to Your Essence: A Creative Approach to Alzheimer s Disease (Paperback)

By Kyla McCormick

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Everyone wants to stay mentally alert and focused every day of their lives. This book offers a plan of action that will help you achieve this goal. It applies the exercises and games from the worlds of improvisational theater and art to the problem of mental decline. This comprehensive, easy to understand, step by step guidebook provides meaningful, enjoyable activities that will enhance your life. It is a great resource for those at risk for or affected by Alzheimer s disease or other types of mental decline, their caregivers and anyone who provides activities for older adults.



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### Reviews

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