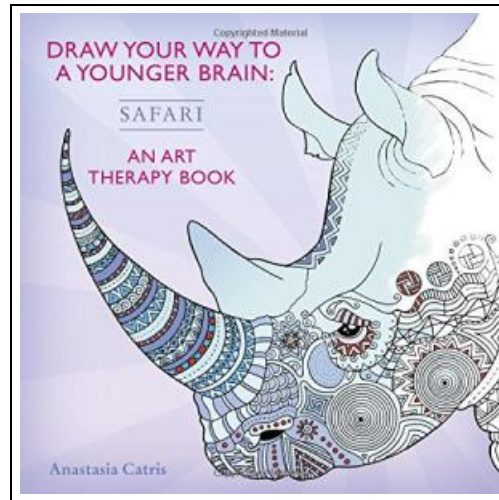


Draw Your Way to a Younger Brain: Safari: An Art Therapy Book (Paperback)



Filesize: 2.2 MB

Reviews

This is the finest book i have got go through right up until now. I have got read and i also am confident that i am going to planning to read once again yet again in the future. You will not truly feel monotony at at any time of the time (that's what catalogs are for about if you check with me).

(Taylor Medhurst)

DRAW YOUR WAY TO A YOUNGER BRAIN: SAFARI: AN ART THERAPY BOOK (PAPERBACK)

DOWNLOAD



Orion Publishing Co, United Kingdom, 2016. Paperback. Condition: New. Anastasia Catris (illustrator). Language: English . Brand New Book. Misplacing your wallet, forgetting where you parked your car, or getting your friend s birthday wrong: these are just some of the many common memory slips we all experience from time to time. And such cognitive lapses don t just plague the elderly: the most common worry of people over 40 is memory loss. A recent study by Newcastle University, featured on BBC news, showed that art therapy has greater benefits than puzzles and exercises when it comes to improving memory function. Engaging the brain in new and creative ways may be the key to a sharper younger mind. Helping to enhance your brain s cognitive function through art therapy techniques, this book contains 30 intricate line drawings of safari animals, with space on the opposite page for you to copy the illustration and some helpful hints to start you off. There is also the opportunity to colour in and to create some of your own illustrations as you progress. Gradually becoming more challenging, every page will help to stimulate parts of the brain that are vital for memory retention. With this book you will draw your way to a younger brain.



[Read Draw Your Way to a Younger Brain: Safari: An Art Therapy Book \(Paperback\) Online](#)



[Download PDF Draw Your Way to a Younger Brain: Safari: An Art Therapy Book \(Paperback\)](#)

See Also



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

[Read Book](#)

»



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Read Book](#)

»



Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and...

[Read Book](#)

»



To Thine Own Self

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Carefree and self assured Carolyn loves her life. Her uncle runs...

[Read Book](#)

»



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and...

[Read Book](#)

»