
EJERCICIOS PRÁCTICOS PARA ESTIMULAR LA MEMORIA

Practical Exercises for Stimulating the Memory

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This is a practical book containing 150 exercises which work on different cognitive faculties, beginning with simple activities and gradually increasing the level of difficulty. The exercises are varied and designed not to become boring to carry out, so the memory is stimulated in an entertaining and efficient manner. It is aimed at people who want to keep their memory amused either to slow cognitive deterioration or avoid it. This is for personal use or for professionals in the sector of the third age.

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