



Fight Memory Loss with Art: Learn an Art or Craft to Delay Dementia and Alzheimer's, Take Up Drawing, Painting, Sculpture, Music or Another Language to Keep Your Brain Healthy (Paperback)

By Tim Vincent

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Nobody wants to lose their thinking ability and precious memories. However, for a large number of us, increasing life expectancy can mean exactly that. Fortunately, there is one thing that seems to be able to increase the capacity of the brain and make it remain healthy for longer. That thing is Art. You can fight memory loss with art and you can protect your future. Art and art related pastimes have been shown to cause the human mind to react in a number of unique ways. Drawing and painting may seem to just be pleasant things to do as a hobby, but in the background they really make your brain work hard. They can be used as a form of brain exercise, a bit like the way you exercise the rest of your body doing sports or in the gym. Believe it or not, doing art in the right way can make your brain grow and get better connected inside. Getting a bigger and better brain seems to be the key to protecting yourself against ending up with such things as dementia...



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Reviews

Simply no phrases to clarify. It is really basic but surprises from the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mr. Noah Cummerata IV**

This is basically the best pdf i have read through until now. It is filled with knowledge and wisdom I am easily can get a enjoyment of studying a created book.

-- **Dr. Carmine Hayes MD**