



Use It, Don't Lose It A Mental Fitness Workbook

Marge Engelman

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Marge Engelman has been studying and teaching for 35 years in the arena of learning in the older years, originally focusing on creativity in aging women. How we use our mind has a lot to do with how we age. The brain can always learn. The 31 exercises in this workbook are designed to stimulate various parts of the brain. For example, the word games tend to activate the right side of the brain; number games tend to activate the left side of the brain. Hidden pictures will sharpen your spatial abilities. So give your brain a workout. Try these exercises, have fun and feel healthier.

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