



Mental Aerobics: 75 Ways to Keep Your Brain Fit

Barbara Bruce

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Barbara Bruce provides 75 ways to keep our brains fit and reasons for doing so. She includes "Brain Breaks" throughout that offer the reader opportunities to do fun, stimulating, and challenging brain exercises.

The book can be used as a resource for the reader; for aging parents, relatives, or friends; for a church's ministry to aging adults; for community programs; or in other ways that are limited only by the reader's ingenuity and imagination.

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