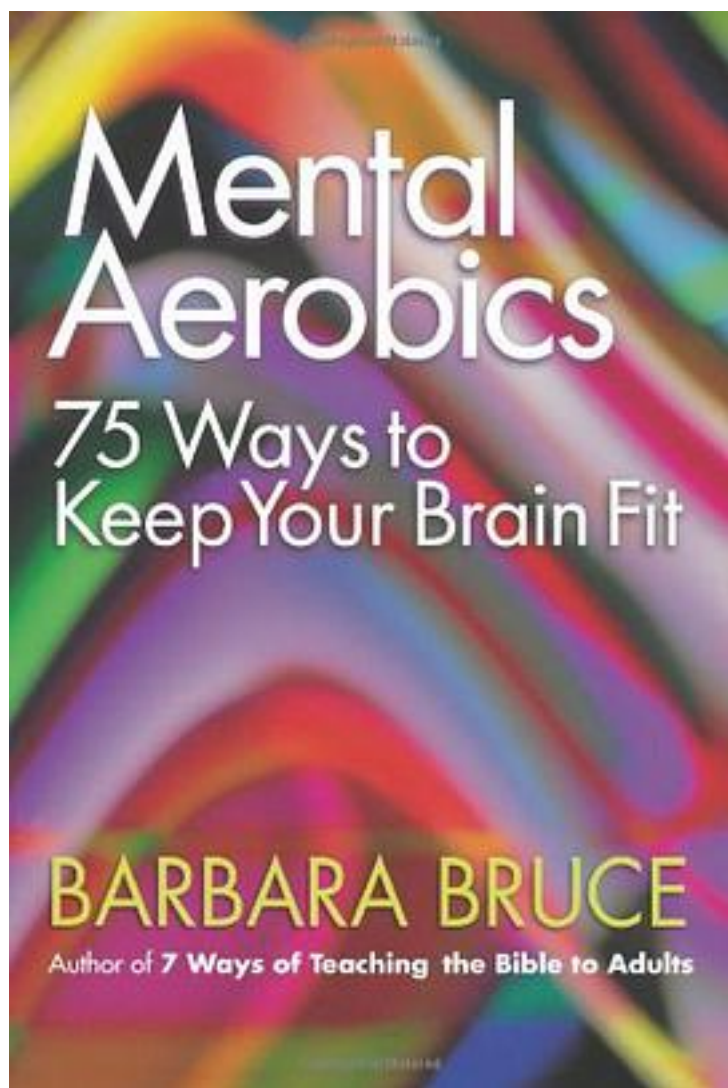


Mental Aerobics 75 Ways to Keep Your Brain Fit



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Key Benefits: - Relates findings of current brain research to daily life- Helps planners provide programming for the growing numbers of older adults- Encourages adults to form brain fitness habits

作者介绍:

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