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DRAW YOUR WAY TO A YOUNGER BRAIN: DOGS: AN ART THERAPY BOOK



Paperback Book Condition: New. Not Signed; Description: Misplacing your wallet, forgetting where you parked your car, or getting your friend's birthday wrong: these are just some of the many common memory slips we all experience from time to time. And such cognitive lapses don't just plague the elderly: the most common worry of people over 40 is memory loss. A recent study by Newcastle University, featured on BBC news, showed that art therapy has greater benefits than puzzles and exercises...

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