



## Mind Your Mind

By Beatrice Seagull, Sara Seagull

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**Mind Your Mind** By Beatrice Seagull, Sara Seagull

Mind Your Mind workouts for the active, capable older adult who wants to stay that way. Challenging exercises sharpen mental prowess in memory skills, flexible thinking, perception, reasoning and more. Mind Your Mind provides continued intellectual stimulation by presenting dozens of worksheets in nine fitness categories like Memory and Reasoning. Also includes seven concise sections on essential brain research and cognitive functioning through the lifespan.

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### **Editorial Review**

#### **About the Author**

Professor Seagull adapted and polished Mind Your Mind from her workshops with thousands of enthusiastic seniors. Awarded first place in the American Society on Aging Mind Alert Award, 2001

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