



Como Aplicar Gimnasia Para El Cerebro: Tecnicas de Autoayuda Para La Escuela y El Hogar (Paperback)

By Dr Paul E Dennison, Gail E Dennison

Editorial Pax Mexico, 2005. Paperback. Condition: New. Language: Spanish . Brand New Book. Brain Gym is a series of 26 physical activities that, although they were originally designed to help children and adults overcome learning disabilities, have the capacity to benefit any person that practices them. The exercises aid the development of neurological connections in the brain that are essential for learning and improve performance in all areas: intellectual, creative, athletic, and personal. They have been taught to children, adults, and elderly people to improve concentration, memory, reading ability, writing skills, sports, and physical health. Gimnasia para el cerebro es un programa de 26 actividades físicas que, aunque originalmente fueron diseñadas para capacitar a infantes y adultos para sobrellevar las llamadas dificultades de aprendizaje pueden beneficiar a cualquier persona que la practique. Los 26 ejercicios desarrollan las conexiones neuronales del cerebro esenciales para el aprendizaje y mejoran el desempeño en todas las áreas: intelectual, creativa, atlética, e interpersonal. Han sido enseñados a niños, adultos, y ancianos para mejorar áreas de vida tal como la concentración, la memoria, las habilidades para leer, para la escritura, los deportes, y el bienestar.



[READ ONLINE](#)
[1.57 MB]

Reviews

Extensive guide for ebook lovers. It generally does not cost excessive. Your way of life span will likely be convert the instant you complete looking at this ebook.

-- Rocky Dach

Certainly, this is the very best work by any author. It is amongst the most remarkable publication i have got study. I am just happy to inform you that this is actually the greatest pdf i have got study inside my individual daily life and can be he very best publication for at any time.

-- Gilbert Rippin