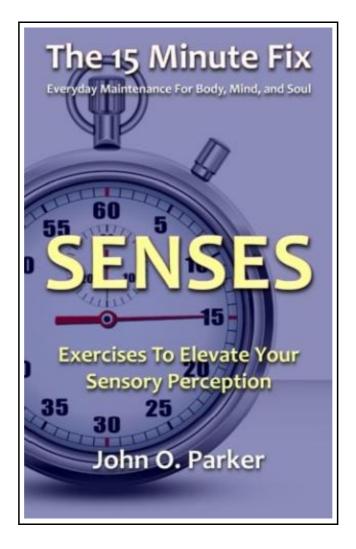
The 15 Minute Fix: Senses: Exercises to Elevate Your Sensory Perception (Paperback)



Filesize: 4.91 MB

Reviews

Most of these ebook is the perfect publication offered. Sure, it really is play, still an interesting and amazing literature. You wont truly feel monotony at whenever you want of your time (that's what catalogs are for about in the event you check with me).

(Roosevelt Rohan)

THE 15 MINUTE FIX: SENSES: EXERCISES TO ELEVATE YOUR SENSORY PERCEPTION (PAPERBACK)



Tidal Publishing, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Do you find it difficult to hear conversations in a crowd or that you need to turn up the volume more than you used to? Do you no longer notice the taste or smell of a good meal? Have you forgotten how wondrous textures and human contact can feel? Your sense of smell and sense of taste can deteriorate as you age. You may feel that your sense of hearing isn t as sharp as it used to be, or perhaps you are already dealing with more significant hearing loss. Even your sense of touch can decline as you get older. If you want to find ways to improve your senses, The 15 Minute Fix: SENSES is here to help. This book will teach you to use sensory exercises to improve your sensory perception, help your brain better interpret the information sent to it by your nervous system, and reintroduce you to the wonders of the world around you. You will also learn to use sensory exercises to alleviate stress, sharpen cognitive function, increase energy levels, and generally improve your quality of life. Inside, you will find a variety of exercises for your senses: hearing exercises, smell exercises, taste exercises, and touch exercises (only four of the five senses are covered in this volume - sight is covered in The 15 Minute Fix: VISION). These exercises to combat aging will improve your nervous system, build new neural pathways, and heighten your senses. In addition to 40 different exercises designed to heighten and sharpen your senses in only 15 minutes a day, you will find: -Progress tracking tests and tools -Sample workout plans -Tips for taking care of...

Read The 15 Minute Fix: Senses: Exercises to Elevate Your Sensory Perception (Paperback) Online

Download PDF The 15 Minute Fix: Senses: Exercises to Elevate Your Sensory Perception (Paperback)

Related eBooks



Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday...

Save eBook »



400+ Funny Jokes: Funny Jokes for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 203×127 mm. Language: English . Brand New Book ***** Print on Demand *****.400+ Funny Jokes for Kids!Are you looking for a fun book to keep...

Save eBook »



Spanky the Mouse (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. The biggest failure in life for any parent, or anyone raising a child...

Save eBook »



Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand ******.Merry Xmas! Your kid will love this adorable Christmas book...

Save eBook »



100+ Knock Knock Jokes: Funny Knock Knock Jokes for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hilarious Knock Knock Jokes for Kids! Are you looking for a fun book to...

Save eBook »



History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This version of the History of the Town of Sutton Massachusetts

Read Book »



Dude, That's Rude!: (Get Some Manners) (Paperback)

Free Spirit Publishing Inc.,U.S., United States, 2007. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Kids today need manners more than ever, and Dude, That's Rude! makes it

Read Book »



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 251×178 mm. Language: English . Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to

Read Book »



And You Know You Should Be Glad (Paperback)

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English. Brand New Book ***** Print on Demand *****. A highly personal and moving true story of friend-ship and

Read Book »



Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Twitter Marketing Workbook 2016 Learn how to market your

Read Book »