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RECUERDE, PIENSE Y TRABAJE SUS MANOS. NIVEL 3. CUADERNO DE TRABAJO PARA PERSONAS

By YUSTE HERNANZ, CARLOS

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 01. Llega un momento en la vida en la que, ya sea por rutina, por falta de hábito intelectual o simplemente por falta de tiempo, dejamos de ejercitar aspectos fundamentales de nuestro cerebro. . En estos cuadernos van a encontrar, en tres niveles de dificultad, actividades para trabajar diferentes aspectos que son necesarios para no perder habilidades y mejorar las que ya tienen. . En las 10 tareas que proponemos encontrarán actividades para mejorar las siguientes habilidades:. . Memoria a largo plazo: Días de la semana, meses del año, recuerdos de la infancia, juventud, adultez. Es importante ejercitar la memoria ya que si no se hace, se va atrofiando como cualquier otra cosa. . Memoria a corto plazo: Mediante ejercicios de lectura comprensiva y memoria visual le proporcionamos una buena herramienta para trabajar este ámbito de la mente. . Cálculo: Este tipo de ejercicios se van alternando en las tareas. Con el trabajo del cálculo mental reforzamos el pensamiento abstracto. . Series y grupos semánticos: El razonamiento lógico se trabaja mediante series numéricas, formas geométricas e identificación de palabras intrusas en un campo semántico. . Atención...



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