



## Guide to the Brain for Enlightened Parents

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Publisher : Actes Sud

Category : Humanities and Non-Fiction

Genres : Essay

Keywords : Brain

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Have you ever wondered how to ensure the healthy development of your child's brain?

Bursting with information, concrete examples, practical exercises and games that are easy to play in everyday life, this book covers a multitude of topics: from emotions to beliefs, to how memory works, to mental hygiene and the importance of physical activity. It helps to understand how everything is intertwined, and takes an original approach to how the brain works, helping children and educators reveal their full potential.

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Date : 04/09/2019

Pages : 304

Format cm : 14 x 19

Prix : 22.0

EAN : 9782330123864