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# Denkspiele: Fitnessübungen für helle Köpfe (Whitebooks) (German Edition)

*Ines Moser-Will, Ingrid Grube*

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**Denkspiele: Fitnessübungen für helle Köpfe (Whitebooks) (German Edition)** Ines Moser-Will, Ingrid Grube
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Bunt, kniffelig und intelligent die Denkspiele des Autorinnenduos Moser-Will und Grube bieten an die 100 kreative Übungen und Knobeleien, die einfach nur Spaß machen. Ganz nebenbei lassen sich so Konzentrationsfähigkeit, logisches Verständnis, Sprache und Gedächtnis spielerisch verbessern.
Neben den Übungen erfährt der Leser Spannendes über die Funktionsweise des Gehirns und welche Rolle Bewegung und Ernährung für unsere geistige Fitness spielen.
Das Buch ist so konzipiert, dass ein Schreibstift genügt, um die Übungen anzupacken. Alle Übungen lassen sich überall und jederzeit, ganz nach Lust und Laune durchführen.

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