



Senses and Your Abilities (Paperback)

By Ed Hardy

iUniverse, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There are many books on the market for the exercise of the body and quite a few on mental exercises. This book offers the first everyday exploration on sensory training. With trained senses, new worlds open up to the reader. Colors become brighter! Sounds become sweeter! Different tastes form on the palette! In essence, not only will the user of this book enjoy their reading experience, but will gain tangible results from it. Senses and Your Abilities is book written in a simple and fluid, but highly readable, style. The guiding principle was that the book be easy to read and a pleasure to read. The authors believe this book will be of greatest benefit to anyone unaware of much of the untapped power within their senses. This book will help them to unlock those abilities. The book will especially appeal to seniors. With our increasing lifespans, more people are becoming familiar with the tragic consequences on an inactive mind late in life. By keeping one s mind alert and constantly busy with new exercises, these things may be staved off. A wondrous...

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