



## Memoria e Cucina (Italian Edition)

*Roberto Mercati*

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## **Memoria e Cucina (Italian Edition)** Roberto Mercati

Memoria & Cucina è un manuale completo che contiene oltre trenta tecniche per sviluppare memoria, attenzione e creatività.

La formidabile "palestra" in cui potete esercitare, a qualsiasi età, tutte le vostre capacità cerebrali è proprio la cucina. Corredato da ben ottantotto divertenti esercizi che faranno lievitare le vostre abilità culinarie, questo libro vi permetterà di ottenere una memoria in acciaio inox. La vostra cucina diverrà così un luogo meraviglioso dove sviluppare la memoria e la prontezza di tutti i sensi.

Tutto ciò, a vantaggio della longevità mentale e del piacere di vivere gustando il presente.

Nel manuale sono presenti anche cinque "fiabe culinarie" scritte per grandi e piccini, che stimoleranno la fantasia e vi faranno innamorare sempre di più del vostro hobby del cuore.

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