



## Yoga for the Brain: Daily Writing Stretches That Keep Minds Flexible and Strong

By Dawn DiPrince, Cheryl Miller Thurston

Cottonwood Press Inc. Paperback. Book Condition: new. BRAND NEW, Yoga for the Brain: Daily Writing Stretches That Keep Minds Flexible and Strong, Dawn DiPrince, Cheryl Miller Thurston, This title is intended for ages 12 and upwards. More than 365 topics are included in these daily exercises that encourage writers to play with language and 'stretch' their writing style. Dispelling the fear of bad grades or criticism, these activities encourage writers to have fun, take risks, and write in new and creative ways. Engaging writing prompts range from the serious to the bizarre, all with the intention of exercising writing muscles, regardless of the writer's strength. Ideas for completing real-world projects include writing material for a family website, a babysitter newsletter with important information about a child, and a persuasive letter to convince a parent to change a household rule.

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