



# VERLAGSGRUPPE PATMOS

The publishing group that captures the spirit of life

PATMOS  
ESCHBACH  
GRÜNEWALD  
THORBECKE  
SCHWABEN  
VER SACRUM

Rita Steininger  
**For Bright Minds**  
Fitness for the brain

ISBN: 978-3-8436-0937-1

Patmos Verlag

Paperback

128 pages

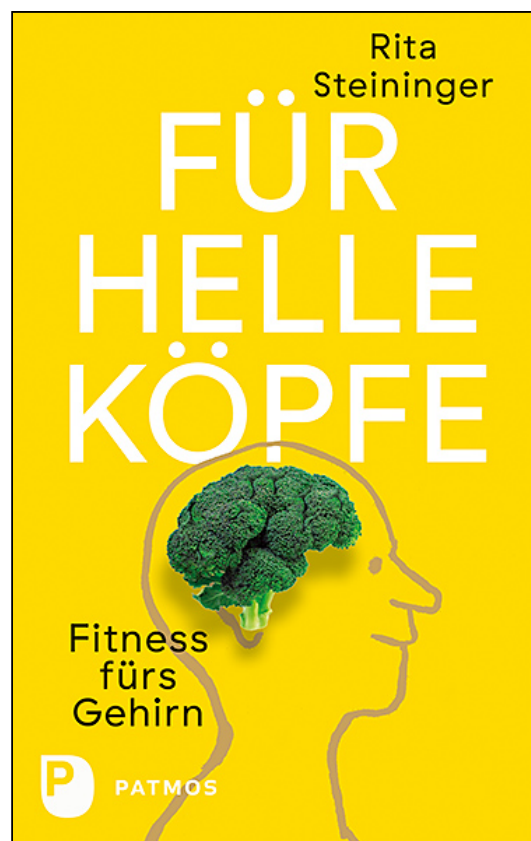
Format 12 x 19 cm

EUR 13

- Effective exercises that train the brain
- For people of all ages

We are exercising the whole body - but pay way too little attention to our mental fitness although the brain needs lifelong, regular stimuli, not only in old age!

Rita Steininger shows that there are many varied possibilities to get the mind running at full capacity – beyond brain-teasers and brain jogging. This practical and compact guidebook teaches many easy exercises to help bring the brain and mind back into perfect shape. With this we are able to live up to the daily challenges in work and private life.



## About the author

Rita Steininger studied ethnology, political science, anthropology and human genetics in Munich. She is a freelance editor and author of successful non-fiction and advice books about health, childrearing and child development. She regularly gives lectures for parents about raising children and encouraging their development. The mother of two sons, Steininger lives and works in Munich.

---

## Contact:

Verlagsgruppe Patmos der Schwabenverlag AG

Luisa Lehnerer, Foreign Rights Departement

t: +49 711 4406 148

f: +49 711 4406 177

lizenzen@verlagsgruppe-patmos.de

www.verlagsgruppe-patmos.de