

Sample from book

First I want to explain four similar words that deal with cognitive.

1. Cognitive Ability: the ability to focus, manage executive functions and the ability to describe and retain memories.
2. Cognitive Impairment: A problem with the ability to learn and think.
3. Cognitive Function: The ability to learn and remember information. The ability to focus, manage executive functions and describe and retain memories.
4. Cognitive Dysfunction: The loss of intellectual functions-thinking, remembering and reasoning. Has trouble with verbal recall, basic arithmetic and concentration.

I feel it is important to understand the differences between the four definitions.

This book is set up to be used by the person with the disorder or by a loved one to help the person with the disorder.

I kept it short so that the person with the disorder is more likely to follow through using it.

COGNITIVE

is

Thinking

Knowing

Remembering

Judging

Problem Solving

Inventory Time

These are the most important questions in anyone's life. This is what drives us as humans to push forward and learn.

What would you do more if you could?