

How to Enjoy Life by
Becoming More Mentally Alert

THE LIVELY MIND



The first book to explain in
a commonsense way how the mind works



Simple exercises that will sharpen
your mind and release your creativity



For all ages—a program of mental
fitness to get the most out of life

JULES Z. WILLING

Author of **THE REALITY
OF RETIREMENT**

The Lively Mind How To Enjoy Life By Becoming More Mentally Alert

Jules Z. Willing



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Talking Book Topics , 1990 *Subject Catalog, 1982* Library of Congress, 1982 **The Reality of Retirement** Jules Z. Willing, 1989 **The Buckley-Little Catalogue** , 1986 **Eating Well when You Just Can't Eat the Way You Used to** Jane Weston Wilson, 1987 A collection of healthful recipes along with a new way for living and eating graciously in later life

The Buckley-Little Catalogue of Books Available from Authors , 1985 **Subject Catalog** Library of Congress, 1982 **Cassette Books** Library of Congress. National Library Service for the Blind and Physically Handicapped, 1990 **American Bookseller** , 1983

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