

## Anne Lene Johnsen

CHILDREN AND YOUNG ADULTS  
NON-FICTION

How to stimulate your children's mental development

*Barnas store iq- Bok*

2007

160 Pages

Mind gym is fun! All children possess enormous potential, and it's our responsibility as grown-ups to let them express themselves, so that they can become happy and complete people. In this book the little monkey Ikku presents 365 funny and challenging tasks in a variety of difficulty levels and genres.

Children absorb knowledge like sponges. They love to learn and to solve problems and tasks. There is no contrast between learning and having fun. But be aware: Hunger for knowledge and code cracking may infect other members of the family...

Every chapter also contains advice and tips to parents on how they can contribute to stimulate their children's intelligence by encourage and participate in activities and tasks. The book fits children between the age of 6 and 12, as well as their parents.

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Johnsen is a former head of Mensa in Oslo. She has published books like "You are smarter than you think - The great IQ-book" (2005) and "IQ – Mind gym for everyone" (2006). Johnsen also had a mind gym-column in Dagbladet Magasinet, and now has the column "Worth knowing".

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