

Where To Download Senior Moments Memory Workout

Senior Moments Memory Workout, The

The post-World War II generation, the Baby Boomers, are beginning to retire at a time when U.S. life expectancy has never been higher. As a result, the population of senior drivers is exploding, a phenomenon that will create potentially massive problems for our traffic planners, highway safety engineers, and healthcare providers, as more and more Americans in their 70s, 80s, and even 90s continue to ply the roadways. Safe Senior Drivers is a unique, invaluable tool for keeping yourself—and your aging parent—as safe as possible on the roads. Packed with useful information and references, this guide is the clearest, most comprehensive resource available on what indeed is a critical time in the life of everyone who intends to stay behind the wheel and function well in today's driving environment.

Now, there is a formula for leadership, the LQ. Like the Intelligence Quotient and the Emotional Quotient that preceded it, The Leadership Quotient contains verifiable dimensions of leadership that are designed to improve every leader's performance. The Leadership Quotient makes the complex simple by fitting the 12 dimensions of leadership into a framework of leader, follower, and environment. The Leadership Quotient makes the three components measurable and practical for the reader. The "nature vs. nurture" argument is over. There is general agreement that effective leaders are prepared by nature and refined by nurture. The need for improved leadership has never been greater, as witnessed by corporate scandals, world turmoil, and economic morass. The failure of ethical moralities and the dumbing down of education give clarion calls for the type of improved leadership available through the application of LQ principles. The Leadership Quotient is thoroughly researched by two leadership experts, who combined, have 37 years of practical business leadership, 45 years of formal education, and 25 years of teaching leadership at the university level. Yet, the book is accessibly written for leadership practitioners. The LQ is yours of course. This is the most important social phenomenon of our time and place—the aging of America—this book shows organizations how to market specifically to baby boomers in their third act of life. • Identifies the 10 core values of the older middle class (cognitively healthy baby boomers age 52–80) that guide their attitudes and behavior and serve as cultural indicators of how they are likely to spend their time and money in the future • Explains how the unique core values and "passion points" of baby boomers fuel their consumer behavior • Offers a unique, intelligent, and forward-thinking cultural analysis • Outlines many ways readers can capitalize on the information presented and act on real business opportunities

Offers a program which focuses on preventing memory loss and maintaining a healthy brain, presenting guidelines for nutrition and physical activities, along with diagrams of interactive mental exercises. Acute absentmindedness, fuzzy thinking, head-scratching confusion: those are just a few symptoms of the dreaded senior moment! Fortunately, the Senior Moments Memory Workout is here to keep them at bay! Created by world-renowned "senior momentologist" Tom Friedman, it features a collection of engaging quizzes, puzzles, brainteasers and memory challenges, as well as sound advice and historical anecdotes to reassure sufferers they're not alone. You don't have to be a senior to use it: people of all ages can benefit from these brain-strengthening techniques.

83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness
Beyond IQ
Safe Senior Drivers

Scientific Tools for Training Problem Solving, Intuition, Emotional Intelligence, Creativity, and More
A Guide for a Critical Time

The Neuroscience of Memory
How to Race Strong for the Rest of Your Life

Total Health the Chinese Way

A revised edition of a classic health reference shares up-to-date advice on a variety of everyday ailments from allergies and colds to insomnia and jet lag, recommending corresponding home treatments for conditions that do not require hands-on professional care. Original.

As we age, we may look and feel younger than our parents' generation--60 is the new 40, after all--but mental decline can begin as early as age 30, and it will impact everyone at some point. The good news is, just as diet and exercise can keep aging bodies healthier, the proper mental regimen can slow--even reverse--the deterioration of our mental capacity. In this practical and hopeful book, Dr. Frank Minirth gives you trustworthy scientific insights, helpful assessments to measure mental sharpness, and proven strategies to preserve focus, memory, and brainpower at any age. Each chapter includes brain boosters, exercises, and challenges, as well as engaging personal stories.

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Brain Workouts Variety Puzzles for SeniorsBrain Games Lower Your Brain Age in Minutes a Day

The Book of Senior Moments introduces the reader to a wonderful collection of humorous anecdotes, confessions, tips, retorts and excuses to help you avoid those all too familiar senior moments.

No More Little Old Ladies!

A Complete Guide and Workout

And Other Essential Wisdóm

Techniques and Exercises for Remembering Just about Anything

Thriving in the Wisdóm Years

The Lawyer's Retirement Planning Guide

Stories of Personal Triumph from the Frontiers of Brain Science

Maximize Your Memory

Provocative insights into the nature of dancing as inseparable from human vitality and distinctiveness emerge from this spiraling study of specific cultural dance traditions brought into conversation with various philosophical/theoretical perspectives centering on the topics: movement, gesture, play, masking, ritual, seduction, performance, religion; each the subject of engaging innovative analysis. The author draws on experience as dancer and academic to address contemporary issues such as gender identity development and plasticity and acuity throughout the lifespan.

Now in paperback, the fastest proven memory improvement program from the doctor who pioneered the science. What did you forget this week--Your car keys? Cell phone? A friend's birthday? Now help is here! New research, pioneered by Dr. Gary Small, shows that you can improve your memory in just two weeks--with a diet high in omega-3 fatty acids, combined with exercise, stress reduction, and a 15-minute-a-day program of memory aerobics. This simple yet effective program is based on years of medical research at one of the country's leading memory loss institutions, and now Dr. Small enables readers to put the older adult work for them through his easy to implement, step-by-step regimen than can be customized for each person's specific needs.

National Geographic presents a comprehensive guide to fighting mental decline. With cutting-edge neuroscience, information about Alzheimer's, fascinating case studies, and tips to fight brain aging symptoms such as slower mental acuity and "senior moments," this smart, engaging guide will help keep your memory sharp and your mind active. Fun, age-defying exercises--from body stretches to word games to foods that help you think--help the brain perform at its best, just like exercising does for other parts of the body. Leading memory loss expert Cynthia R. Green, PhD, and eminent science writer Michael Sweeney have created a book both informational and practical that gives readers everything they need to know about the care and feeding of one of the body's most important organs: the brain.

Fast After 50 is for every endurance athlete who wants to stay fast for years to come. For runners, cyclists, triathletes, swimmers, and cross-country skiers, getting older doesn't have to mean getting slower. Drawing from the most current research on aging and sports performance, Joe Friel--America's leading endurance sports coach--shows how athletes can race strong and stay healthy well past age 50. In his groundbreaking book Fast After 50, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades--and race to win. Fast After 50 presents guidelines for high-intensity workouts, focused strength training, recovery, cross-training, and nutrition for high performance. You'll learn: How the body's response to training changes with age, how to adapt your training plan, and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training, rest, recovery, and competition Workout guidelines, field tests, and intensity measurement In Fast After 50, Joe Friel shows athletes that age is just a number--and race results are the only numbers that count. With contributions from: Mark Allen, Gale Bernhard, Amby Burfoot, Dr. Larry Creswell, John Howard, Dr. Tim Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger.

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of The Man Who Mistook His Wife for a Hat What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that revived itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

The Retirement Boom

A Senior Moment

The Doctors Book of Home Remedies

The Nurse's Role in Promoting Optimal Health of Older Adults

Fast After 50

The Domesday Hide

Young and Slim for Life

A neurobiologist provides simple ways to exercise your brain, enhance your memory, and boost your cognitive health. Over forty? Getting forgetful? Having trouble learning new things, or remembering that actress's name without reaching for your smartphone? Chances are, your brain needs a workout, and neurobics—simple, unique brain exercises that can be done anywhere, anytime—are here to help. In this little book, you'll find 83 brain teasers and challenges that will keep your mind occupied, whether during work breaks or on your commute, at mealtimes or at the market. It's a fun, effective way to keep your neuron pathways fit and functioning, now and as you age. "Maintaining brain health involves physical and mental exercise, stress management, and a healthy diet. Doing the Neurobics in Keep Your Brain Alive is essential to fortifying these strategies and maintaining a healthy brain."—Gary Small, MD, coauthor of The Alzheimer's Prevention Program

Awarded a 2012 AHA/NIA Book of the Year Award! Why focus on the negative aspects of growing old while most older adults are leading positive, fulfilling, and active lives even while dealing with the changes associated with aging and chronic illnesses? Promote healthy aging; learn what it means to age successfully; and develop the tools and resources that can optimize well-being during the later years in life with the guidance you'll find inside. The author, a nationally recognized expert in the field of gerontology addresses the physical, psychosocial, and spiritual needs of older adults based on a holistic, mid-range nursing theory of successful aging. Contributions from healthcare professionals in exercise physiology, nutrition, pharmacy and elder law help you understand how these disciplines work together to benefit patients.

This book exposes the biggest hoax in English history, maybe in history, one on which significant parts of 20th century knowledge have been built. First of all it demonstrates that anyone can do what the leading authorities on Domesday Book deem impossible, simply by replacing their indemonstrable hypothesis with one that is arithmetically demonstrable.

The Wisdom Paradox explores the aging of the mind from a unique, positive perspective. In an era of increasing fears about mental deterioration, world-renowned neuropsychologist Ekhnook Goldberg provides startling new evidence that though the brain diminishes in some tasks as it ages, it gains in many ways. Most notably, it increases in what he terms "wisdom": the ability to draw upon knowledge and experience gained over a lifetime to make quick and effective decisions. Goldberg delves into the machinery of the mind, separating memory into two distinct types: singular (knowledge of a particular incident or fact) and generic (recognition of broader patterns). As the brain ages, the ability to use singular memory declines, but generic memory is unaffected—and its importance grows. As an individual accumulates generic memory, the brain can increasingly rely upon these stored patterns to solve problems effortlessly and instantaneously. Goldberg investigates the neurobiology of wisdom, and draws on historical examples of artists and leaders whose greatest achievements were realized late in life.

Keep your brain sharp with Thunder Bay's Memory Booster Box! Based on the best-selling Book-in-a-Box kits, the Memory Booster box will help you to discover how your memory works and suggest interesting ways to make it function more effectively. And you can learn about the truly memorable ways in which people from the past used their memories—it's astonishing!

Senior Moments Memory Workout

The Memory Expert's Prescription for a Razor-Sharp Mind

The Memory Prescription

How Your Mind Can Grow Stronger As Your Brain Grows Older

An All Inclusive Guide to Money, Life, and Health in Your Next Chapter

An Innovative Program for a Better Memory and Sharper Mind

Hoax!

Ageless Brain

This practical book provides guidance on investing your money to produce sufficient funds for the lifestyle you want to lead, and then on managing your retirement withdrawals so that your money will last you a lifetime. You'll discover how you can combat inflation, plan for expenses, and protect against overall portfolio risks.

Ageing and Memory are two cultural processes that establish their own relationships with time. They affect our ways of living, in the present, and for a future, as we move through life. This book focuses on the cultural mediations of ageing and memory, teasing out their complex and largely unpredictable relationships and interconnections. Its overall purpose is to explore different practices, commodities, daily routines, sounds, images and technologies that configure memory and ageing and shape our experiences of living in time and with time. By covering a variety of phenomena, from biopics, music by elderly, and artefacts among other, this edited collection considers the cultural stuff that ageing and memory are made of and interconnected in singular ways, for and by particular people, in specific socio-historical locations.

Misplacing your keys, forgetting someone's name at a party, or coming home from the market without the most important item – these are just some of the many common memory slips we all experience from time to time. But such cognitive lapses don't just plague middle-agers and seniors; UCLA studies indicate that forgetfulness begins much earlier in life. Scientists can detect subtle changes in the brain that coincide with mental decline by the time we reach age 40, and our findings show that people as young as 20 already have memory problems. Dr. Gary Small and Gigi Vorgan's 2 Weeks To A Younger Brain translates the latest brain science into practical strategies and exercises that yield quick and long- lasting benefits. It will not only improve your memory, but will also strengthen your physical health by reducing your risk for diabetes, heart disease, and stroke. The latest research confirms that there is a lot we can do to boost our memory and keep our brains young. After three decades of helping thousands of patients improve their memory and mental acuity, Dr. Small and Gorgan are convinced that our daily lifestyle habits are directly linked to our brain health. This book will show that it only takes two weeks to form new habits that bolster cognitive abilities and help stave off, or even reverse, brain aging. If you commit only 14 days to 2 Weeks To A Younger Brain, you will reap noticeable results. During that brief period, you will have learned the secrets to keeping your brain young for the rest of your life.

Breakthrough research has revealed that through living a brain-healthy lifestyle, we can reduce our "brain age" to improve memory, hone sharpness, and reduce health risks as we age. It's normal for the brain to short-circuit every now and then—you put your keys in the fridge, or can't find the pair of glasses on top of your head. But what if there was a way to eat, exercise, and live that could eliminate these "senior moments"? Ageless Brain offers a plan to sharpen your memories and mind so that at 40, you have the quick, agile brain you had at 30. Based on groundbreaking scientific research, this plan is filled with brain-healthy foods, exercises, and little ways you can positively impact your most vital organ every day by de-stressing, adjusting your attitude, and constantly interacting with the world through play. Scientists have discovered that the human brain continually generates new neurons--forging new pathways and connections in our minds--well into old age, as long as we pursue brain-healthy lifestyles from what we eat and how much we sleep, to how we exercise and handle stress. Exercising and nourishing our brains just like we do any other ailing organ encourages this growth--improving not only our mental fitness but also our physical fitness as a side effect. With Ageless Brain, you will: · Discover the 10 Commandments of an ageless brain · Reduce key risk-factors for Alzheimer's · Identify and avoid brain poisons lurking in food, medicines, and home · Learn to play and engage your brain more in everyday life · Drop unsafe levels of blood pressure, cholesterol, and sugar--as well as belly fat · Keep your brain nourished with 45 recipes

Baby Boomers are reinventing retirement just as they have so many other aspects of their lives. They will live longer and be healthier than their parents and grandparents, and they plan to remain relevant, be fulfilled, and leave legacies. Many will continue to work well into their 70s and 80s, some because they want to, others because they need to. The Retirement Boom is a practical roadmap for making your "retirement years" a time of reinvention, excitement, and fulfillment. The coauthors of this practical guide are four Boomer professionals who have walked the walk and transformed themselves from corporate executives, CEOs, consultants, and national security policy experts into a range of new careers that more closely hew to their passions. They interviewed more than 300 people and 30 organizations in the writing of this book. The Retirement Boom includes tips, stories, exercises, and techniques to help you: Design your own "retirement" and plan for it. Use your time creatively and well. Understand what's changing in the workplace and the workforce today. Make your money last. Renegotiate life at home. Improve and keep your health. Build and leave a legacy. Simplify your life. And much, much more.

The Wisdom Paradox

12 Dimensions for Measuring and Improving Leadership

Think Faster, Remember More, and Stay Sharper by Lowering Your Brain Age

The Senior Moments Activity Book

Boomers 3.0: Marketing to Baby Boomers in Their Third Act of Life

The Ultimate Midlife Handbook

Cultural Mediations of Memory and Ageing

Memory Builders

Unlock the power of neuroscience to optimize your memory so you can stay mentally sharp. Do you feel like your memory isn ' t as great as it used to be? Do you sometimes find yourself walking into a room and forgetting why? Do you misplace things more often than you used to? As we age, our memory naturally declines. But there are scientifically proven ways to enhance brain and memory function. This book, grounded in cutting-edge neuroscience, will help you get started. The Neuroscience of Memory offers a seven-step memory improvement program based on the latest research. You ' ll find powerful tools to optimize your brain and memory function, increase neural connections, and stay mentally sharp both now and in the long run. You ' ll learn how to " feed your brain " with good nutrition, and how exercise can help you maintain mental acuity. And finally, you ' ll discover how forming new memories is a key strategy for optimizing cognitive function, and how managing stress can help you not only think better in critical moments, but also help keep the brain cells you have. When you understand how your memory actually works, you are better equipped to optimize it. Whether you ' re looking for ways to improve your memory while you are young, have noticed that your memory is declining as you age and want to improve it, or are looking for resources for dealing with Alzheimer ' s (either for yourself or a loved one), this book will help you hold on to those treasured memories for as long as you possibly can.

When best friends Kate Klimo and Buffy Shutt turned 50, these successful women (best friends since their first day of college) realized that, like it or not, a few things were about to change. Their kids were leaving the nest ?but their elderly parents now needed them more than ever. They were saving as much as they could ? but were they really going to be prepared for retirement one day? They tried to eat right and exercise ? but were they doing everything they could to stay healthy? This book is that Boomer Bible. From hot flashes to healthy living, from ailing parents to clinging kids, from reinventing your career to reinvigorating your relationships ? Coming of Age is the comprehensive midlife guide readers have been looking for. Topics covered include: keeping fit, dealing with your aging parents, parenting your growing kids, maintaining your important relationships, and determining how you want to spend the next chapter of your life. Kate and Buffy have asked the experts, found the answers, and collected all the best information here to help you prepare for anything that life after 50 might throw at you.

THE NEW YORK TIMES BESTSELLER! Though we talk about wanting to "age gracefully," the truth is that when it comes to getting older, we " re programmed to dread an inevitable decline: in our health, our looks, our sexual relationships, even the pleasure we take in living life. But as Christiane Northrup, M.D., shows us in this profoundly empowering book, we have it in us to make growing older an entirely different experience, both for our bodies and for our souls. In chapters that blend personal stories and practical exercises with the latest research on health and aging, Dr. Northrup lays out the principles of ageless living, from rejecting processed foods to releasing stuck emotions, from embracing our sensuality to connecting deeply with our Divine Source. Explaining that the state of our health is dictated far more by our beliefs than by our biology, she works to shift our perceptions about getting older and show us what we are entitled to expect from our later years—no matter what our culture tries to teach us to the contrary—including : Vibrant good health - A fulfilling sex life - The capacity to love without losing ourselves - The ability to move our bodies with ease and pleasure - Clarity and authenticity in all our relationships—especially the one we have with ourselves - Taking all the right supplements and pills, or getting the right procedure done, isn ' t the prescription for anti-aging." Dr. Northrup explains. "Agelessness is all about vitality, the creative force that gives birth to new life." Goddesses Never Age is filled with tools and inspiration for bringing vitality and vibrancy into your own ageless years—and it all comes together in Dr.

"s 14-day Ageless Goddess Program, your personal prescription for creating a healthful, soulful, joyful new way of being at any stage of life. Woman After Forty II is a psychological journey in the life of every woman, as well as a compass pointing to the future. Women Readers over forty, from the scientific studies from research centers as Harvard University, Johns Hopkins University and the Mayo Clinic, will find their own ways to understand and value their outward appearance and inner strength, in order to feel healthy, useful and fulfilled. Also they will draw strength from their maturity so that they can better serve and enjoy their personal goals at the various stages of their lives. I like to think of it as a breath of optimism to help women confront the future with strength and energy.

The world's foremost memory expert—and mega-bestselling author—proves that memory CAN get better with age! Diet and exercise are great, but what good is a healthy body if you don't have the mental capabilities to go with it? Harry Lorayne, who is now 83 years old, has been honing and teaching his foolproof system for sharpening the mind, improving concentration, and attaining a truly "superpower" memory for more than 40 years. Ageless Memory is the culmination of this memory expert's life's work. Specifically geared to our needs as we age, his unique memory system can be put into practice immediately—!or a better memory the very same day you open the book and start to read! Completely practical and easy to use, readers learn to: Recall names and faces, even years later Never miss an appointment or misplace keys, glasses, valuables, etc. Give speeches without notes and learn foreign words and phrases easily Memorize long lists of items, quotations, long numbers, Bible verses, and all kinds of facts and figures Excel at cards and other games Regain (or maintain) the confidence that comes with having a sharp, active mind. It's not necessary to accept poor or waning memory or "senior moments" as inevitable results of growing older— and Harry Lorayne proves it in Ageless Memory!

Coming of Age...All Over Again

Dancing Culture Religion

Keep Your Brain Alive

Improve Your Memory & Brain Fitness Before You Forget!

The Book of Senior Moments

Seven Skills to Optimize Your Brain Power, Improve Memory, and Stay Sharp at Any Age

The Journey of Women After 40

The Secret Prescription for Radiance, Vitality, and Well-Being

An accessible reference by an established Traditional Chinese Medicine practitioner counsels readers on how to achieve lasting health without surgery or drugs, introducing the body's five primary power centers while including coverage of acupuncture and herbal remedies. Original.

Memory techniques for remembering facts, figures, and complex information.

Do you call your partner darling because you forgot their real name years ago? Restore your brain to its tack-like sharpness with the exercises in this wickedly funny book.If you refer to your dearest friend as 'Thingy' or have to keep changing your pet's name because you can never remember your online banking password, you need The Senior Moments Activity Book! Packed with questions, tests and exercises against which to pit your wits, the book is divided into sections on a diverse range of subjects - from maths to history, science and nature to the arts, food and drink to geography. Furthermore, each section is tailored to your specific capabilities, whether you think you have more faculties than Harvard or think you might be losing your marbles, or fear you're so far gone that your only future is likely to be an appearance on reality TV. Embrace your senior self and have a good laugh on the way!

Have you had a Senior Moment yet? Maybe you know someone who's had a few? Check this list to know for sure: · You can remember being told the King was dead (George, not Elvis). · You still say 'colour television', and you watch television on a television. · Your home phone rings and you answer it. (And you still have a phone, not a 'landline'). · You boast about 'doing it' three times a night and that's just getting up to pee. · You realise that your wardrobe has become ironic. You're not back in fashion, but you're hip. (And ironically, you now have an artificial hip). If you answered 'yes' to one or more of the above, congratulations! You are officially a Senior and this book is here to guide you through your best years (i.e. the past). Stroll, or maybe shuffle, down Nostalgia Avenue and bask in the glory of growing old disgracefully. (If you are a Young Person, this is the easiest Senior gift idea ever. You're welcome!)

Are you tired of feeling worn out, sick, and overweight? Why is it that we experience weight gain, fatigue, aches and pains, illnesses, and memory loss as we get older? While these ailments do become more common in our 30s and 40s, they aren't inevitable. In fact, we are perfectly capable of remaining young, slim, and vigorous—and our brains can absolutely stay clear and sharp—if we give them what they need. What's that? The right foods, plenty of sleep, and the healthy movement our bodies are craving. The problem is that most of us don't do that. We don't realize what our bodies need, so we eat the wrong foods, skip on sleep, and deprive our bodies of the movement they crave. Overwhelmed by the stresses and the pressures of our lives, we take a host of prescriptions, never realizing how they might be disrupting our body's innate ability to heal. Most insidious of all, many of us lack the personal support and the community that we need to feel fully alive. Instead, we buy into the myth that age means decline. Best-selling author and internationally recognized expert in integrative and functional medicine, Dr. Frank Lipman shares the 10 key steps to live your best life! He breaks through the common myths and misconceptions surrounding aging and dieting, and he zeroes in on what you need to do in order to feel great. His two-week Revitalize Program and extended Maintenance Program bring together key information regarding insulin resistance and carbohydrate intolerance, gut and hormonal imbalances, sleep disorders, medications and supplements, and community support. The book also features: · delicious, nutritious recipes to support you along the way · handy shopping lists and meal plans · simple exercises, meditation practices, and restorative yoga sequences · information about powerful anti-aging and digestive supplements and vitamins · and more! Dr. Lipman also offers a lifelong Maintenance Program, so that after two life-changing weeks, you can continue on your path toward ultimate health and wellness for years to come. In just two weeks—only 14 days—you can feel so much better than you ever imagined!

Easy Exercises to Sharpen Your Memory

An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory

The Brain Training Revolution

Goddesses Never Age

How to Appear Normal at Social Events

Brain Games Lower Your Brain Age in Minutes a Day

Brain Training

Your Best Brain Ever

Draws on the latest scientific research to explain how to improve cognitive abilities in such areas as creativity, memory, intuition, multitasking, and emotional insight.

How to Appear Normal at Social Events is an oddly charming book of illustrated lists. Largely based on Lord Birthday's popular Instagram account, the book offers excessively absurd, occasionally wise advice on topics ranging from finding your life's purpose to defending yourself against forest loaches. (Hint: Set an oatmeal trap.)

The world's foremost memory expert?and mega-bestselling author?proves that memory CAN get better with age! Diet and exercise are great, but what good is a healthy body if you don't have the mental capabilities to go with it? Harry Lorayne, who is now 83 years old, has been honing and teaching his foolproof system for sharpening the mind, improving concentration, and attaining a truly "superpower" memory for more than 40 years. Ageless Memory is the culmination of this memory expert's life's work. Specifically geared to our needs as we age, his unique memory system can be put into practice

immediately?for a better memory the very same day you open the book and start to read! Completely practical and easy to use, readers learn to: Recall names and faces, even years later Never miss an appointment or misplace keys, glasses, valuables, etc. Give speeches without notes and learn foreign words and phrases easily Memorize long lists of items, quotations, long numbers, Bible verses, and all kinds of facts and figures Excel at cards and other games Regain (or maintain!) the confidence that comes with having a sharp, active mind. It's not necessary to accept poor or waning memory or "senior moments" as inevitable results of growing older? and Harry Lorayne proves it in Ageless Memory!

Brain Training is an easy-to-digest collection of puzzles and tips to help exercise the brain and keep the cognitive faculties razor-sharp. Brain Training covers key areas of brain function, including memory, perception, problem-solving, verbal reasoning, and the body (how diet, exercise, meditation and other physical and mental fillips can raise brainpower). Each chapter then concentrates on a specific brain function, beginning with a lively explanation of how it works and then offers the most effective prescriptions available to exercise that particular mental function. For those who are struggling with memory, those having trouble learning new things, or those facing the pressures of exams - in fact, by anyone who wishes to maximize their cognitive potential - Brain Training is an indispensable resource to get the flabbiest brain fighting fit once again.

Little Old Ladies don't just happen--they are created by default. The road to little old lady-hood starts early in mid life but if a well thought out plan of prevention is in place, midlife women can keep and improve their current level of youthful attributes for at least another 25 years. One reason most women don't achieve their desired degree of agelessness is because the traditional retirement oriented senior culture does not support growth and productivity. The negative power of the senior culture is something few women are aware of, and nobody talks about it...until now. This aging influence in the lives of older women has finally been "outed" and you must discover what it's all about and how to avoid it in No More Little Old Ladies!

Senior Moments

Never Forget Another Thing

Ageless Memory

Quick Fixes, Clever Techniques, and Uncommon Cures to Get You Feeling Better Fast

Power Foods for the Brain

A Proven Workout for Healthy Brain Aging

Brain Workouts Variety Puzzles for Seniors

Build Speed, Agility, and Memory for Better Brain Power

Strengthen your memory with New York Times bestselling author Dr. Neal Barnard's simple 3-step plan to protecting your brain with your diet. Could your breakfast or lunch be harming your memory? Are you missing out on the foods that could prevent Alzheimer's disease? Everyone knows good nutrition supports your overall health, but few realize that certain foods-power foods-can protect your brain and optimize its function, and even dramatically reduce your risk of Alzheimer's Disease. Now, New York Times bestselling author, clinical researcher and health advocate Dr. Neal Barnard has gathered the most up-to-date research and created a groundbreaking program that can strengthen your memory and protect your brain's health. In this effective 3-step plan Dr. Barnard reveals which foods to increase in your diet and which to avoid, and shows you specific exercises and supplements that can make a difference. It will not only help boost brain health, but it can also reduce your risk of Alzheimer's disease, stroke, and other less serious malfunctions such as low energy, poor sleep patterns, irritability, and lack of focus. You'll discover: The best foods to increase cognitive function Dairy products and meats-the dangers they may pose to your memory The surprising roles alcohol and caffeine play in Alzheimer's risk The latest research on toxic metals, like aluminum found in cookware, soda cans, and common antacids. Plus a detailed menu plan, recipes and time-saving kitchen tips

Memory Booster Book

Dr. Gary Small's 14-Day Plan to Keep Your Brain and Body Young

The Leadership Quotient

An Essential Guide to Easing Pain, Reducing Stress, Treating Illness, and Restoring the Body through Traditional Chinese Medicine

The Brain That Changes Itself

15 Essential & Specific Proven Anti-Aging Strategies for Gutsy Women in Their 40s and 50s

2 Weeks To A Younger Brain