

The Memory Program: How to Prevent Memory Loss and Enhance Memory Power, 2001, 245 pages, D. P. Devanand, 0471398330, 9780471398332, Wiley, 2001

We all have concerns about our memories about becoming forgetful, about how to preserve our memories especially as we age. Now, Dr. D. P. Devanand answers your questions about memory loss due to aging and offers a revolutionary, medically sound practical program to keep your mind in shape and stave off memory loss. The Memory Program is a complete promemory plan for everyone over 40 learn how memory works in the brain and how aging affects your memory evaluate your memory using simple tests follow the right diet and exercise plan to help your memory * Use special memory-training techniques to keep your mind sharp * Tackle the major reversible causes of memory loss including stress and depression, alcohol, medications, and hormonal and nutritional problems * Discover exciting new preventive strategies and treatments, including herbal and other alternative medications, antioxidants and nutritional supplements, and useful over-the-counter and prescription medicines. Personalized by gender, age group, and whether you currently have a normal memory or suffer from mild memory loss, The Memory Program is a comprehensive, simple-to-follow plan to enhance your memory. Its the only memory book youll ever need.

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100 Questions and Answers about Alzheimer's Disease , Marcin Sadowski, Thomas M. Wisniewski, 2004, Health & Fitness, 213 pages. A new and updated version of this best-selling resource! Jones and Bartlett Publisher's 2011 Nurse's Drug Handbook is the most up-to-date, practical, and easy-to-use nursing.

Keep Your Brain Young The Complete Guide to Physical and Emotional Health and Longevity, Guy McKhann, Marilyn Albert, Apr 4, 2002, Medical, 296 pages. An examination of how the human brain ages discusses the normal changes that can affect the brain and what readers can do to minimize changes, boost mental and physical.

Natural Alternatives (p Rozac) to Prozac , Michael & N D Murray, Michael T. Murray, Dec 16, 1998, Health & Fitness, 240 pages. Though millions of depressed Americans take Prozac safely and successully, many others suffer uncomfortable or even dangerous side effects. But they needn't despair: In this.

The Memory Solution , Julian M. Whitaker, Peggy Dace, Dec 1, 1999, Health & Fitness, 278 pages. Describes a ten-step program designed to mimize memory loss and improve cognitive skills though nutrition, exercise, and stress reduction.

Minimizing the Risk of Alzheimer's Disease , Frank Murray, Oct 30, 2012, HEALTH & FITNESS, 328 pages. Alzheimer's disease and dementia“which can begin in the 30s“are on the increase, and may soon overwhelm our health-care systems. Yet individuals can do much to educate.

The Brainpower Plan 21 Days to Better Brain Health, Jordan K. Davis, 2005, Health & Fitness, 277 pages. The human brain consists of more than 100 billion nerve cells (neurons), which die off as people age. Until recently it was believed that these cells did not regenerate, but.

The Official Anti-Aging Revolution , Ronald Klatz, Jul 27, 2009, Political Science, . The Official Anti-Aging Revolution Teaches You How to Live Longer, Healthier, and Happier....This book will give you a clear understanding of the biological processes involved.

The Care and Feeding of Your Brain How Diet and Environment Affect What You Think and Feel, Kenneth Giuffr ©, Theresa Foy DiGeronimo, 1999, Health & Fitness, 255 pages. Discover the mental side effects of commonly prescribed medicine and how food and additives affect the brain, and thus, thoughts and behavior..

AARP The Alzheimer's Answer Reduce Your Risk and Keep Your Brain Healthy, Marwan N. Sabbagh, Dec 20, 2011, Health & Fitness, 320 pages. AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. In The Alzheimer's Answer, Dr. Marwan Sabbagh, a front-line researcher, offers cutting.

Ginkgo Biloba A Cognitive Enhancer?, Paul E. Gold, Larry Cahill, Gary Lee Wenk, Elizabeth F. Loftus, Steven F. Maier, Gilles O. Einstein, Stephen J. Ceci, 2002, Ginkgo, 38 pages. .

Living Longer Depression Free A Family Guide to Recognizing, Treating, and Preventing Depression in Later Life, Mark D. Miller, Charles F. Reynolds III, May 1, 2011, Health & Fitness, 208 pages. Depression affects people of all ages, but is both more common and more serious for those over sixty. As many as half of all nursing home residents have depression, as do up to.

Female and Forgetful A Six-Step Program to Help Restore Your Memory and Sharpen Your Mind, Elsa Lottor, Nancy P. Bruning, May 30, 2009, Self-Help, 336 pages. Based upon research this volume presents an overview of the causes of memory and concentration problems in women over the age of 30. The authors offer a range of techniques.

Body Transformation Lose Weight, Gain Energy, & Reverse Premature Aging, Julie Chrystyn, May 1, 2006, Health & Fitness, 246 pages. Providing an answer to permanent weight loss, a healthy body, and abundant energy, this myth-busting diet book is the only health book endorsed by Princess Diana..

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Neuropsychological Interventions Clinical Research and Practice, Paul J. Eslinger, 2005, Psychology, 360 pages. This volume brings together leading clinical investigators to describe effective interventions for a wide range of neuropsychological impairments. Coverage includes cognitive
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Pensions Act 2011, Part 19 , Great Britain, Nov 8, 2011, Social Science, 54 pages. The Pensions Act 2011 amends the timetable for increasing the state pension age to 66. Under the Pensions Act (PA) 2007, the increase to 66 was due to take effect between 2024
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CMMI Improving Software and Systems Development Processes Using Capability Maturity Model Integration (CMMI-DEV), Ralf Kneuper, 2009, Computers, 198 pages. CMMI is a well-known and standardized model for assessing and improving software and systems development processes. It can be used to guide process improvement across a project
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