

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

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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.

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