

# The Memory Bible: An Innovative Strategy for Keeping Your Brain Young



Clear, concise, prescriptive steps for improving your memory and keeping your brain young -- from one of the worlds top memory experts. Ever forget the name of an acquaintance or where you put the keys to your car If youre like most people, you probably have, but now -- thanks to the paperback publication of The Memory Bible -- much of this forgetfulness can be eliminated easily. According to Dr. Gary Small, the director of the UCLA Center on Aging, Great memories are not born, they are made, and The Memory Bible provides the innovative memory exercises and brain fitness programs necessary to immediately improve your mental performance. Dr. Smalls comprehensive program includes a brain diet of memory-enhancing foods and a list of the most effective drugs, as well as a workbook with a weekly and daily calendar.

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