

# TOTAL MEMORY WORKOUT

8

*Easy Steps  
to  
Maximum  
Memory  
Fitness*

CYNTHIA R. GREEN, Ph.D.

*Director of The Memory Enhancement Program  
at Mount Sinai School of Medicine*

# Total Memory Workout

**KJ Lindholm-Leary**



## **Total Memory Workout:**

**Total Memory Workout** Cynthia R. Green, 2012-04-04 Based on the theory that your memory can be exercised like any other part of a time affected body this book offers simple ways to increase your long term and short term memory American Way Sensible advice for the seriously inclined Time Frustrated by your forgetfulness Don't be Memory lapses aren't necessarily a sign of age more often they are a sign of the times as we're all inundated with important information to remember from PINs and passwords to children's schedules and crucial business facts In Total Memory Workout Dr Cynthia Green the founder and director of the Memory Enhancement Program at Mount Sinai School of Medicine outlines her simple and effective program to achieve maximum memory fitness in just eight easy lessons Each lesson focuses on one aspect of memory followed by a series of specific memorises designed to build memory muscle You'll find fun and effective ways to Remember names and faces Recall important information at work Improve your retention of facts in books and technical data Keep track of appointments and dates Remember where you put your keys left your glasses parked your car And more You'll also learn the ten lifestyle factors most likely to lower your memory potential and how to change them the best diet to boost longevity and your brain power the truth about memory enhancing supplements such as ginkgo biloba how certain medications may affect memory performance and when memory lapses are normal and when they indicate an underlying disease Unlike other memory programs that rely on tricks and gimmicks here are practical memory training techniques that are easy to learn and that really work No matter your age you can regain a level of memory fitness you never dreamed possible You have nothing to lose but your car keys again Total Memory Workout Cynthia R. Green, 2000-10 You no longer need to put up with the frustration of forgetfulness In Total Memory Workout Cynthia R Green PhD shares her powerful yet practical techniques for improving your powers of recall You will learn The ten lifestyle factors most likely to lower your memory potential and how you can change them The best diet to boost your brain power How to remember names and faces Ways of instantly recalling vital information at work How to keep track of appointments and dates **Teaching Learning** Sid Jacobson, 2013-07 Since the 1970's educators psychologists and politicians have continually stressed the need to help children actually learn how to learn This groundbreaking book is the first of its kind to do just that Aimed at parents who want to start their kids off on the right track this book is actually a step by step course to help you teach your kids how to learn It's filled with explanations exercises tips check lists and guidelines to help you at every step in the process Your kids won't learn these things in school because schools aren't equipped to provide it Here is your chance to make up for what's missing in the classroom You won't find anything like it anywhere else THIS BOOK IS GREAT Sid has written what may be the definitive guide for parents and anyone else who works with children He literally covers it all how to prepare yourself the most important things you need to pay attention to when you are working with children to help them succeed Joseph Riggio Ph D Cognitive Scientist author of The State of Perfection The frustration with learning can be greatly alleviated if we apply

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