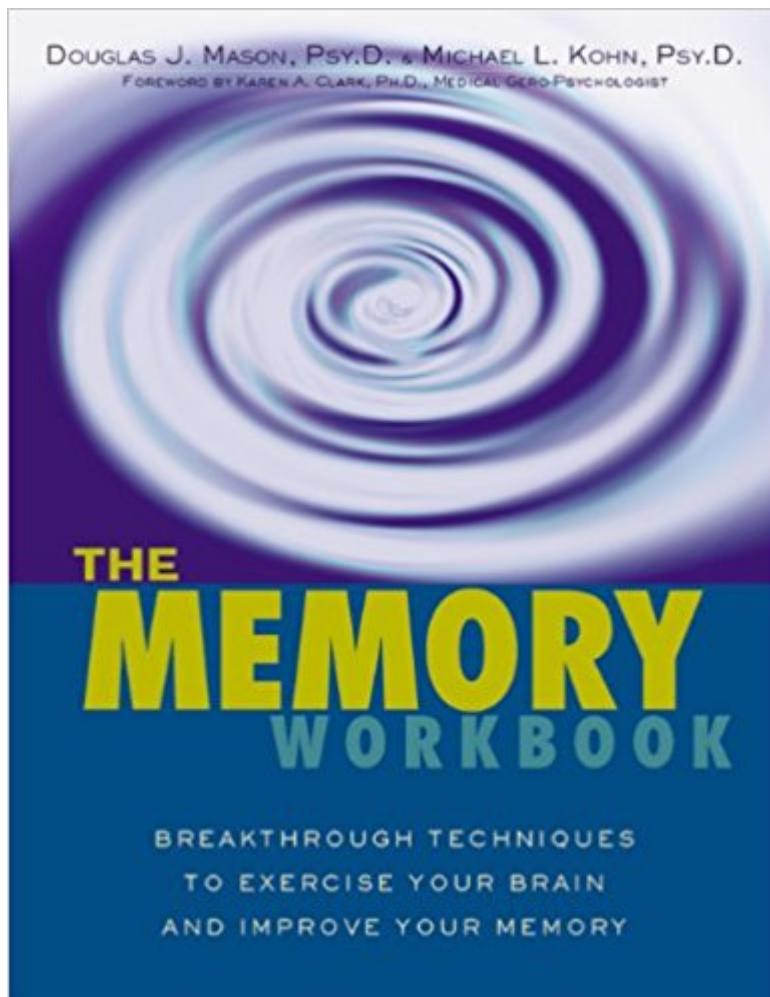


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# The Memory Workbook: Breakthrough Techniques To Exercise Your Brain And Improve Your Memory



## **Synopsis**

This book offers you an array of innovative techniques, exercises, games, and puzzles that will help you see and understand how your memory works at the same time that you are stretching your memory muscles. Learn how to maximize the receptiveness of your senses, focus on what is important to you, rehearse and imprint information you want to save, and use visual and sensory imagery to deepen your memory experience. The authors also incorporate the latest scientific findings on memory functioning, providing a wealth of information about medications, memory disorders, and resources for additional help.

## **Book Information**

Paperback: 225 pages

Publisher: New Harbinger Publications; 1 edition (October 10, 2001)

Language: English

ISBN-10: 1572242582

ISBN-13: 978-1572242586

Product Dimensions: 0.5 x 7.8 x 11 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ  See all reviewsÂ  (29 customer reviews)

Best Sellers Rank: #270,909 in Books (See Top 100 in Books) #211 inÂ  Books > Self-Help > Memory Improvement #235 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #10092 inÂ  Books > Religion & Spirituality > New Age & Spirituality

## **Customer Reviews**

The focus of this book is not on memory techniques such as the LOCI method and while it does mention them and explain them briefly it does not give a lot of detail about them. Instead it focuses on memory problems as a normal part of aging, medications and diet. Through out the book it mentions Alzheimers and similar concerns and repeatedly speaks about not being concerned about particular memory lapses as you grow older. It does have thorough coverage of memory myths and how some of these myths create or contribute memory problems as well as the best coverage of diet, medicine, supplements and similar factors of any of the memory books that I have read. This is a workbook with many excercises to prove their points as well as show how various techniques work and how storing and retrieving memories works in the mind. If I were asked who I would recommend this book to then it would have to be people in one of two groups. First would be anyone who is aging and thinks that they are having memory lapses more often and are concerned

about them. Second would be those who want to know what drugs, nutritional supplements and dietary factors may increase or harm their mental capacities.

The Memory Workbook provides a comprehensive program designed to help rewire the mental habits that interfere with memory functioning. It offers multiple fun techniques that will challenge your assumptions, get you in touch with your senses and memory experiences, identify and use your natural strengths, help you focus on what is important. The authors include the latest scientific findings, neurological assessments, information about medications, memory disorders, and resources for additional help. The book is written with a sense of humor and it entertains as it teaches.

I really appreciate this book. I have noticed many changes in my memory in the last two years. The workbook has been very helpful in providing answers to my questions on how memory functions and ways to adjust and focus my attention in ways that make it fun! In addition, the exercises have been extremely beneficial in developing techniques for me to improve my memory. I strongly recommend this book to anyone who is interested in maintaining and improving their memory.

Worried because you forgot some of the items you were supposed to pick up at the grocery? Afraid that your memory lapses may signal impending Alzheimer's disease? Ease your mind. This book will help you do just that by explaining memory and providing some very helpful techniques for memory improvement. Along with the surprisingly enjoyable exercises, Mason and Kohn address the kinds of memory loss that are reversible and discuss why certain types of memory degrade with age. They discuss specific drugs that elderly folk often take and explain what their memory consequences might be. They also discuss the role of diet in memory and offer tips for diet and supplements backed up by the latest research. Instead of giving up and giving in, help an elder improve their memory. Help yourself to a memory like a steel trap instead of a spaghetti strainer. Get this book, do the exercises, and develop a great memory - no matter what your age! Five stars! Phyllis Staff, Ph.D. author, "How to Find Great Senior Housing" and "128 Ways to Prevent Alzheimer's and Other Dementias"

My wife and I decided to investigate our aging memory and started with many other books and programs before finding "The Memory Workbook". This was the last book that we purchased. The book is long and at times difficult and challenging but what a difference we both notice in our

memory! This is hands down the best hands on self paced memory program out there. There is a nice section on specific memory disorders and resources.

I'm writing this review because I really liked a lot of aspects of the book. I recommended it to my friends, so I figured I'll recommend it to internet users as well. I've read some other books on memory improvement, but I think this book was more engaging. It includes most of the principles found in the other memory books I've read, but this book seemed to make it more cohesive. I think the other aspect I enjoyed was the emphasis on personal attitudes. It honestly left me with a new perspective on growing old. Also I felt the book spoke well to some of the sometimes-negative feelings I've had about growing old (to be honest I was surprised by just how many negative perceptions I had that this book revealed to me - and corrected, so to speak). Actually, the more I think about it, the more I can say I really liked the book and do highly recommend it. Enjoy

This book is a great self help tool not only in the area of memory - but in using the power of positive thinking. Right from the start the exercises give you power to enhance your memory by teaching techniques to pay attention, to associate and to accept your own abilities. For anyone who has a tendency to forget, you can learn your strengths, boost your weaknesses and even smile at them. If you fear Aging, Alzheimers, Dementia or Senility - there is an explanation that is understandable. Medication, Depression and other factors that can alter one's memory are also described. I would recommend this book to anyone who suffers from or knows someone else who has concerns regarding his or her memory.

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