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The Hemory Bible makes clear and practical, for the first time in history, the notion that something can be done to keep our brains young. Read this book to find out how." -Howard Fillit, H.D., Executive Director, The Institute for the Study of Aging Thε Memory Bible An Innovative Strategy for Keeping Your Brain Young . NEVER FORGET MANES AND FACES AGAIN . THE E-HINUTE TEST TO SAIS YOUR CURRENT HEHORY . LODE, SHAP, CONNECT-ALL YOU HEED TO ENOW TO IMPROVE YOUR HEMORY RIGHT NOW . ARTI-BEATH-AGING PIET TIPE . THE REST ERENCISES FOR BRAIN PITMESS . INSTANT RELAKATION EXERCISES AND ESSENTIAL . BRAIN TRAINING WITHOUT STRAINING . NEW DRUGS AND VACCINES TO PREVENT MEMORY LOSS Gary Small, M.D. Director of the UCLA Center on Aging

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出版者:Hyperion

出版时间:2003-9

装帧:Paperback

isbn:9780786887118

在线阅读本书

Clear, concise, prescriptive steps for improving your memory and keeping your brain young -- from one of the world's top memory experts. Ever forget the name of an acquaintance or where you put the keys to your car? If you're 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. Small's 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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