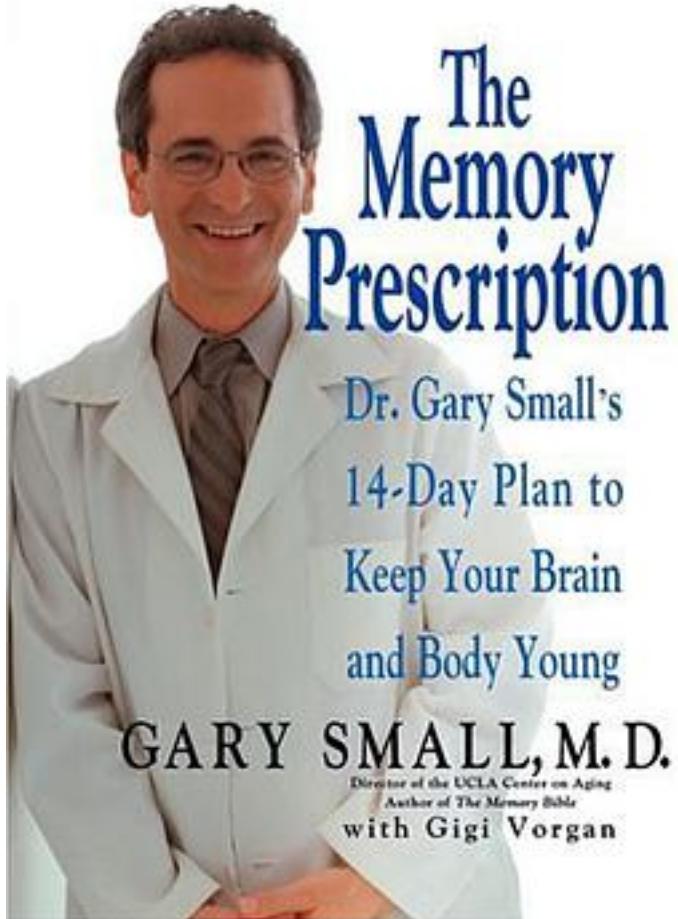


The Memory Prescription



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著者:Gary Small; Gigi Vorgan

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Product Description

Now in paperback, the fastest proven memory improvement program from the doctor who pioneered the science hat did you forget this week? Your car keys? Cell phone? A friend's birthday? Now help is here! New research, pioneered by Dr. Gary Small, shows that you can improve your memory in just two weeks-with a diet high in omega-3 fatty acids, combined with exercise, stress reduction, and a 15-minute-a-day program of memory aerobics. This simple yet effective program is based on years of medical research at one of the country's leading memory loss institutions, and now Dr. Small enables readers to put the results to work for them through his easy to implement, step-by-step regimen than can be customized for each person's specific needs.

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