



Harvard Medical School Guide to Achieving Optimal Memory (Harvard Medical School Guides)

Aaron Nelson, Susan Gilbert

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From a leading expert at one of the world's most respected medical schools--a complete program for achieving optimal memory, for life!

Ever find yourself walking into a room and forgetting why? Having trouble remembering that pesky password or your siblings' birthdays? Don't panic. Memory lapses like these are common, especially after age forty. But memory loss isn't inevitable or irreversible. You can achieve optimal memory at any age--and this book shows you how.

Dr. Aaron P. Nelson, a member of the Harvard Medical School faculty and a clinical neuropsychologist, has helped thousands of patients with memory and other cognitive problems. In his easy-to-understand guide you'll find:

- How to know if you've got a problem and how to have it evaluated
- How factors such as smoking, poor nutrition, and a sedentary lifestyle can hurt your memory
- A complete memory-optimizing program, including mental exercises, nutrition, tips for remembering important things, and more
- Current and future treatment options for serious memory impairment

About the Harvard Medical School health guide series

Each book from Harvard Medical School gives you the knowledge you need to understand and take control of your health. In every book, a world-renowned expert from Harvard Medical School provides you with the latest information on diagnosis, traditional and alternative treatments, home remedies, and lifestyle changes that can make a powerful difference in your health.

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From reader reviews:

Nicole Rockwood:

People live in this new day of lifestyle always try to and must have the time or they will get great deal of stress from both daily life and work. So , once we ask do people have extra time, we will say absolutely of course. People is human not a robot. Then we question again, what kind of activity are there when the spare time coming to an individual of course your answer will unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the actual book you have read is usually Harvard Medical School Guide to Achieving Optimal Memory (Harvard Medical School Guides).

Melissa Becker:

Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that usually you will have done when you have spare time, in that case why you don't try issue that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Harvard Medical School Guide to Achieving Optimal Memory (Harvard Medical School Guides), you are able to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't have it, oh come on its referred to as reading friends.

Scott Harrington:

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