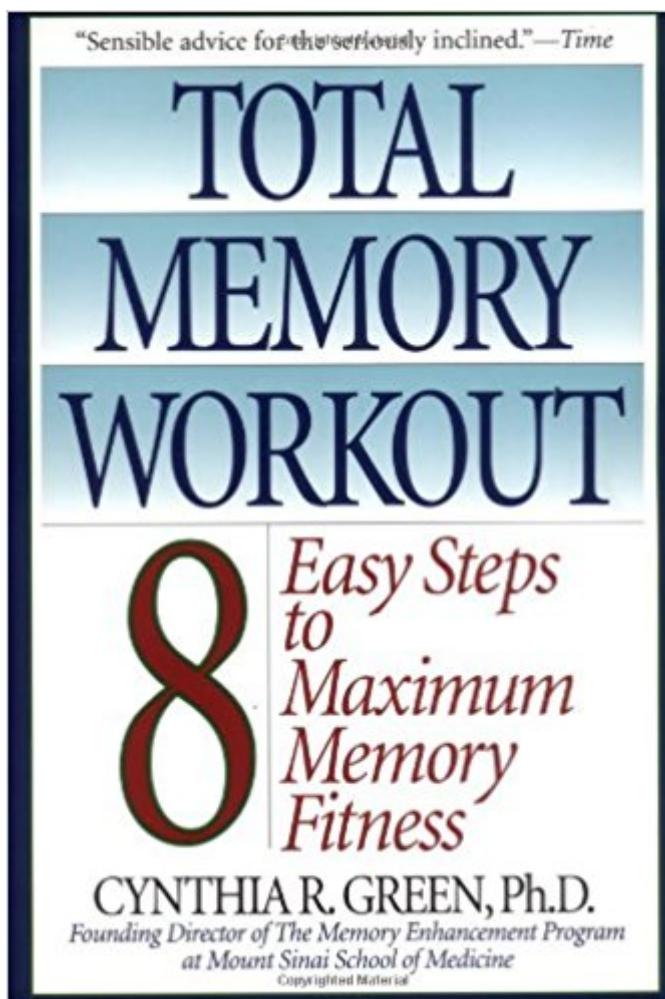


The book was found

# Total Memory Workout: 8 Easy Steps To Maximum Memory Fitness



## **Synopsis**

How to remember what you don't want to forget. 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 cell phone numbers to children's schedules and crucial business facts. Dr. Cynthia Green, founding director of The Memory Enhancement Program at Mount Sinai School of Medicine, shows you how to make the most of your memory, sharing her powerful yet practical eight-step program for improving your recall. Do you sometimes enter a room and forget what you went there for?-- page 29 Do you find yourself struggling to remember details from an important meeting?-- page 110Are you constantly misplacing your keys or glasses?-- page 113Do you find it impossible to remember directions, phone numbers, or computer passwords without writing them down? - - page 136Do the names of people you've just been introduced to slip your mind? - - page 193

## **Book Information**

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## **Customer Reviews**

About one in a million adults has a photographic memory--that is, the ability to remember anything they've seen. But it's reassuring when Total Memory Workout notes that even people with photographic memories don't remember everything; they can forget a name as easily as anyone else. That's the truth about memory, Green says: Everyone has to work at it, and this eight-part memory-fitness program will make anyone better at remembering. Green is founder and director of the Memory Enhancement Program at Mount Sinai School of Medicine in New York City, and she explains in layman's language how memory works, why it sometimes doesn't, and how it can be

improved. Along the way, she debunks some popular ideas about memory, noting that by simply exercising you can get benefits that equal those attributed to the nutritional supplement gingko biloba, and that there's nothing about aging that inherently impairs memory. The drills she prescribes are a lot of fun too. For example, in the first chapter, she demonstrates how "working" memory functions by having you look at a number and then quickly look away and try to recall it. The numbers progress from 4 digits to 12. (If you can recall the 12-digit number after glancing at it, you probably don't need this book.) Then she demonstrates long-term memory by having you write down the names of all 50 states, something you probably haven't attempted since grade school. Green suggests mastering one chapter a week, and completing them in order. But she also acknowledges that many readers will jump right to Step 7: How to Remember the People You Meet. At least one of the seven techniques she presents in that chapter should be immediately useful at your next social gathering. ("John! What an interesting name. My favorite uncle was named John....") --Lou Schuler --This text refers to an out of print or unavailable edition of this title.

"As a mother of three and a busy executive, I was on information overload until I put Dr. Green's memory-enhancing principles to work." - - Eileen Opatut, Senior Vice President, The Food Network "Solid advice on remembering that is both practical and based on science." -- John W. Rowe, M.D., President and CEO of Mount Sinai and NYU Health and co-author of *Successful Aging*"A terrific resource that covers all you need to know about how to improve your memory." -- Leonard Stern, Chairman, The Hartz Group"Sensible advice for the seriously inclined." -- Time"What distinguishes this book is Green's commonsense approach....Her workouts [are] entertaining as well as effective."-- Natural HealthVisit Bantam's website at [www.bantamdell.com](http://www.bantamdell.com).

This book was very well organized and contained some good ideas. However, for me at least, the book did not contain much new information. I already know that memory and concentration depend on: getting enough rest, eating well, and staying healthy, etc. I also know that we often forget things because we are not paying attention. I learned a few things by reading this book but not many. The line spacing on this book is rather generous also so there's really less here than the number of pages listed would seem to indicate. It is still one of the better books on the subject and worth the 4 stars I am giving it.

Practical advice for strengthening memory.

OK but awfully wordy.

This book was very helpful

I have read a # of books on Memory, and would rate this one at the top to the list. It gives practical, useful suggestions on how to deal with memory problems. It gives excellent examples of how to improve memory, and good ways to evaluate how you are progressing. I would recommend it to everyone, whether you currently have a memory problem or not.

Funny thing about this book. It is a great book to read but when I set it down and turn around to go do something else I wind up forgetting where I put the book when I decide to go back to read it. But it does have a lot of good ideas on how to improve your memory. Thanks so much for your services. Love always, Nancy.

I bought this for my husband who has been diagnosed with dementia. It was recommended by his doctor. He did not even read the first chapter. It is as good as it is, but only if you read it.

The quality was as described and I received it quickly. However, I have not had time to try out any of its ideas.

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