



Age-Proof Your Mind: Detect, Delay, and Prevent Memory Loss--Before Its Too Late

By Zaldy S. Tan

Warner Books (NY). Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.9in. x 6.0in. x 1.0in.- Age-Proof Your Mind is the first book to provide a comprehensive method for readers to test their memory. The groundbreaking Memory Stress Test can help readers detect memory problems before its too late. - With more than four million Americans suffering from Alzheimers, and millions more from degenerative brain disorders, there is a large audience eager for the information in this book. - Other titles on Alzheimers and preventing memory loss are strong sellers. The Memory Bible (Hyperion, 2002) has sold close to 50, 000 hardcover copies, Brain Longevity (Warner, 1999) has sold close to 70, 000 copies combined, and The 36 Hour Day (Warner, 1992; revised and updated, 2001) has sold nearly 400, 000 copies in all editions. - Dr. Tan is the director of the Memory Disorders Clinic at the Beth Israel Deaconess Medical Center and Harvard Medical School Division on Aging. He is also a researcher at the MIT AgeLab. His research has received national and international coverage, and he speaks regularly on Alzheimers disease and memory improvement techniques. This item ships from multiple locations. Your book may arrive from Roseburg,OR,...



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Extremely helpful to all category of individuals. I have got go through and that i am confident that i will likely to read through once again again later on. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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