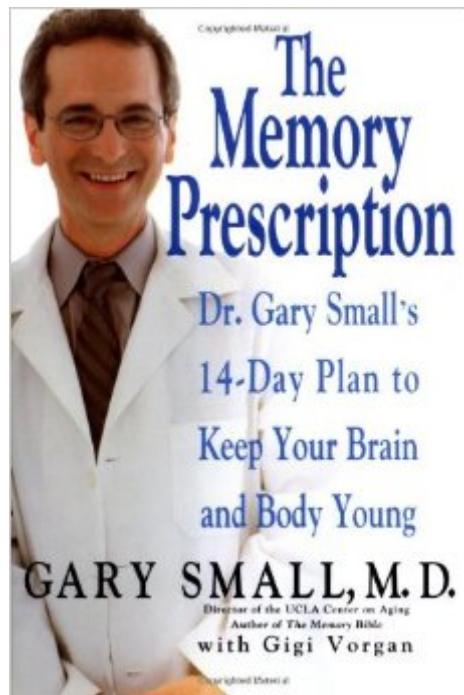


The book was found

The Memory Prescription: Dr. Gary Small's 14-Day Plan To Keep Your Brain And Body Young



Synopsis

In his bestselling book *The Memory Bible*, Dr. Gary Small showed us how to improve our memory by changing our diet and lifestyle and by incorporating physical and mental exercise. Now, in response to readers' requests, Dr. Small offers *The Memory Prescription*--a simple, effective two-week program to improve memory quickly. Based on years of medical research at one of the country's leading memory loss institutions, Dr. Small focuses on 'the Big 4': mental activity, healthy brain and body diet, stress reduction, and physical fitness, and he offers a step-by-step regimen that can be customized to each reader's specific needs.

Book Information

Hardcover: 384 pages

Publisher: Hachette Books; 1 edition (June 9, 2004)

Language: English

ISBN-10: 1401300669

ISBN-13: 978-1401300661

Product Dimensions: 6.1 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (27 customer reviews)

Best Sellers Rank: #674,206 in Books (See Top 100 in Books) #462 inÂ Books > Self-Help >

Memory Improvement #9104 inÂ Books > Textbooks > Social Sciences > Psychology #24975 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling

Customer Reviews

I recently picked up a copy of Dr. Gary Small's *THE MEMORY PRESCRIPTION*--a 14-day plan that offers a healthy diet for your brain and body along with various exercises aimed at increasing your physical and mental fitness and reducing your stress. You only have to read the inside flap of this book to notice that, like most authors of self-improvement books, Dr. Small promises alot. Unlike most authors, though, he makes good on his promise. I don't want to sound like an infomercial here, but after reading his book and close to faithfully committing to his plan, I'm feeling more focused and have alot more energy. And my memory has improved. This is not just my subjective assessment; the book contains tests you can take which gage objectively your memory improvement from day to day. I have also lost four pounds; either that or my wife is playing a cruel joke with my scale. Not bad results for two weeks. I found the book to be a light and enjoyable read. I also found the exercises to be both fun and challenging. Most importantly, I was able to commit to Dr. Small's plan

with relative ease, which was a pleasant surprise and rarely my experience with these kinds of books. I recommend THE MEMORY PRESCRIPTION to anybody looking to increase their vitality and improve their memory and overall health--which, I assume, is just about everyone.

I've been waiting for this book ever since I read The Memory Bible. I need to be told just what to do to when I'm looking for improvement, and this book delivers. I went from feeling distracted, disorganized, and forgetful, to losing a few pounds and feeling much more confident about my memory--in just two weeks. My co-workers and kids even noticed the difference. The added plus is that Dr. Small has the medical evidence to back up his program. It's definitely worth trying if you're looking for a quick way to memory improvement.

There's a saying that applies to muscles and minds: "If you don't use it, you lose it." Anyone who has watched their own mind or the mind of someone they love begin to slip knows how painful it can be. Prior to this book, it seemed that all one could do was to helplessly watch this process. Dr. Small's book shows that there are many things all of us can do at any age to keep our minds vital and sharp. Recent research has shown that the brain can in some cases regenerate brain cells. It wouldn't surprise me if in the future some of the practical approaches that Dr. Small offers may actually assist in that process.

I've read somewhere that there are more than one hundred billion neurons in the human brain, and that they all can communicate with each other via one or more linkages. For any of you who feel like your brain isn't linking up lately, try reading "The Memory Prescription" by Dr. Gary Small. After following the Doctor's prescription closely to the letter for a couple of weeks (okay, my diet strayed a little) and doing all his recommended exercises, I can honestly say I'm pretty impressed with the results. I can't promise you that every neuron of the one hundred billion in your brain will be positively effected after reading this book. But I can promise you that your memory, as mine did, will undoubtedly improve." "Neuron" info from "Mozart's Brain and the Fighter Pilot" by Richard Restak, which I also recommend.

How can brain function be improved to contribute to improved memory? Dr. Gary Small provides a surprisingly simple 14-day plan to keep memory alive in The Memory Prescription: Dr. Gary Small's 14-Day Plan To Keep Your Brain And Body Young. Try the questionnaire which helps you rate memory function, or try some of the mental exercises. There's plenty of room for changing and

customizing Dr. Small's plan -- an important key to improving individual needs.

As you can see by the title, Dr. Small, Director of the UCLA Center on Aging, has developed a program of diet and exercise that he says will improve your memory significantly in a program as short as 14 days. The exercises he prescribes include both physical and mental exercises. The physical are minimal, low impact, exercises that lead you to believe that this is intended for a somewhat older audience. The mental exercises are not unlike those on I.Q. tests where you do problems in math, complete sequences, and so on. As you might expect, these exercises are intended to be maintained on a regular basis for the rest of your life, or at least as long as you want to remember things and keep your body alive. As a doctor, he can't resist talking about the drugs that are available to assist the aging population. Some of these are more in the area of diet supplements, some are prescription only. All in all, this is not unlike the programs advocated by many physicians, just a bit more about mental agility than most. It's a new book, and the information relating to the latest studies of the brain and the newest drugs is here.

We liked this book a lot. Explanations are clear and easy to follow. It has exercises to help keep the mind active. This book also contains information about food that is recommended for improving the mind. I would recommend this book to anyone who wants to begin studying about the mind and what to do to protect it and improve it.

[Download to continue reading...](#)

The Memory Prescription: Dr. Gary Small's 14-Day Plan to Keep Your Brain and Body Young
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work
And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory,
brain training) BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence
and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) Brain
Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain
teasers, Improve memory, Improve focus, Concentration, Brain power) Complete Guide to
Prescription & Nonprescription Drugs 2016-2017 (Complete Guide to Prescription &
Non-Prescription Drugs) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep
the Body You Have Always Wanted Brain Training: The Ultimate Guide to Increase Your Brain
Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity,
Brain Plasticity) The Total Brain Workout: 450 Puzzles to Sharpen Your Mind, Improve Your
Memory & Keep Your Brain Fit Memory Manipulation: How to Train Your Brain to Think Faster,

Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power
The Mindspan Diet: Reduce Alzheimer's Risk, Minimize Memory Loss, and Keep Your Brain Young
Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set)
Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication)
Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015)
Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's
Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment)
Trauma and Memory: Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory
Organic Home Remedies Vol.2 - The BEST No Prescription Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies Guide, ... Healing, No Prescription Medicines)
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)
Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor
Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide)

[Dmca](#)