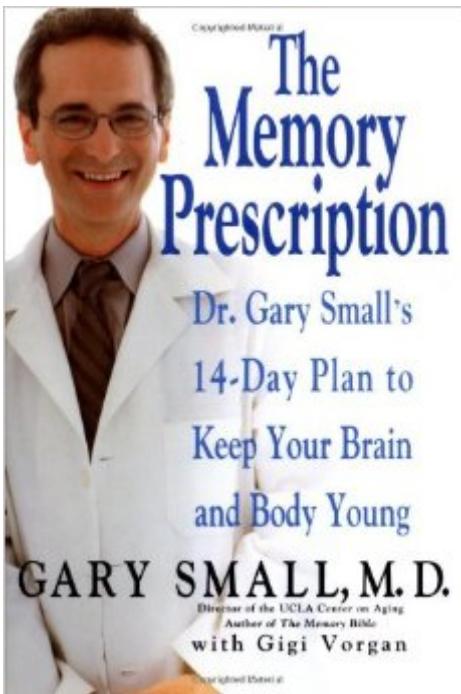


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# The Memory Prescription: Dr. Gary Small's 14-Day Plan To Keep Your Brain And Body Young



## 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

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## 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 a lot. 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 closely committing to his plan, I'm feeling more focused and have a lot more energy. And my memory has improved. This is not just my subjective assessment; the book contains tests you can take which gauge 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 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 billionneurons 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 theletter for a couple of weeks (okay, my diet strayed a little) and doingall his recommended exercises, I can honestly say I'm pretty impresssedwith the results. I can't promise you that every neuron of the onehundred billion in your brain will be positively effected after readingthis book. But I can promise you that your memory, as mine did, willundoubtedly improve. ""Neuron" info from "Mozart's Brain and the Fighter Pilot" by RichardRestak, 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.

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