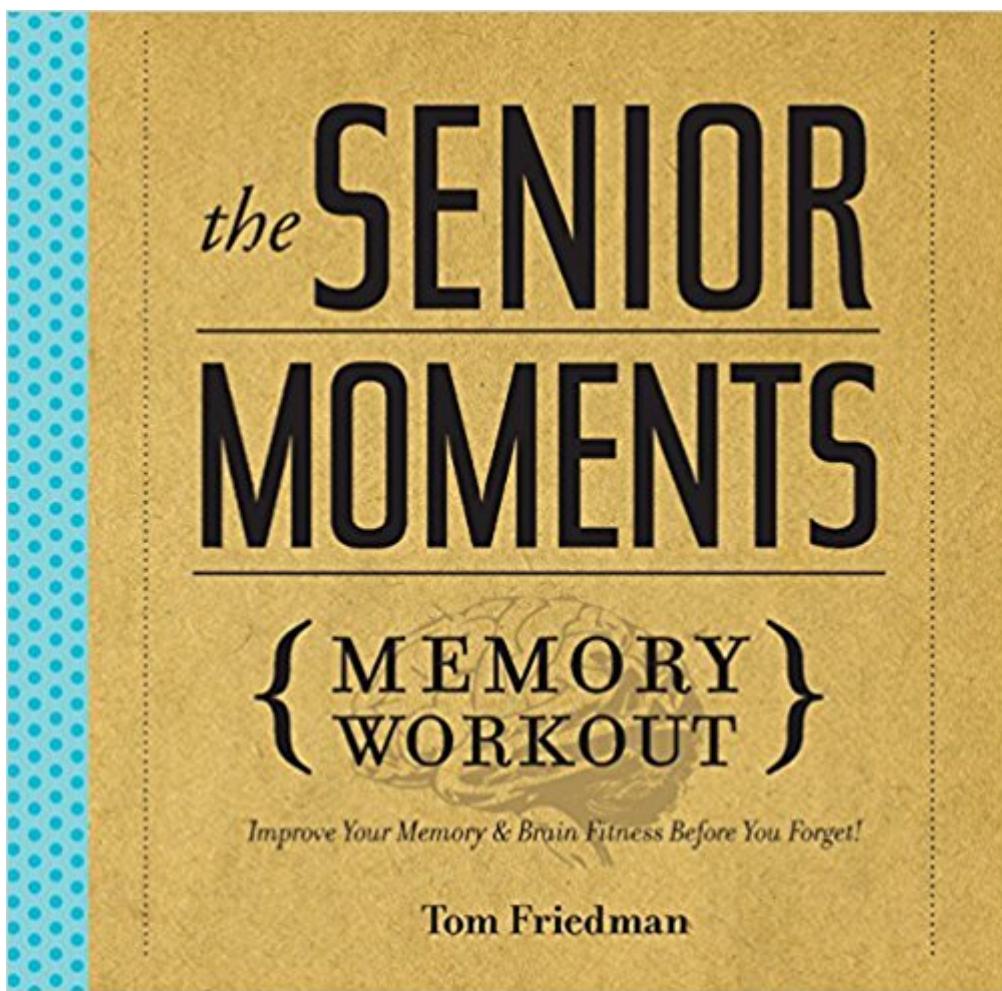


The book was found

The Senior Moments Memory Workout: Improve Your Memory & Brain Fitness Before You Forget!



Synopsis

Acute absentmindedness, fuzzy thinking, head-scratching confusion: those are just a few symptoms of the dreaded senior moment! Fortunately, the Senior Moments Memory Workout is here to keep them at bay! Created by world-renowned "senior momentologist" Tom Friedman—author of 1,000 Unforgettable Senior Moments—it features a collection of engaging quizzes, puzzles, brainteasers, and memory challenges, as well as sound advice and historical anecdotes to reassure sufferers they're not alone. And you don't have to be a senior to use it: people of all ages can benefit from these brain-strengthening techniques. Just a few minutes a day gives that memory a complete tune-up!

Book Information

Paperback: 128 pages

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ISBN-10: 1402774109

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Product Dimensions: 7.2 x 0.4 x 6.9 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 48 customer reviews

Best Sellers Rank: #263,875 in Books (See Top 100 in Books) #199 in Books > Self-Help > Memory Improvement #215 in Books > Humor & Entertainment > Humor > Jokes & Riddles #386 in Books > Humor & Entertainment > Humor > Self-Help & Psychology

Customer Reviews

Tom Friedman is a writer, editor and documentary producer and worked in public television for nearly 25 years at its flagship station, WGBH Boston. In 1996, he won a George Foster Peabody Award for the critically acclaimed science documentary series *Odyssey of Life*. He is also the author of two books about business and economics.

Gift for 80-something person who has memory issues and gets confused at times about abstract things. It was frustrating more than fun, although he claims he likes the book. For someone who enjoys brain teasers, this would be a great gift. The contents don't deal with popular culture (as i recall) so that helps. The book also has some excellent quotes from famous (and not so famous) people are memory and the like. I give it 3 stars because it is more challenging than it looks.

This was more like a trival pursuits in a book. I was looking for puzzles for seniors who are being to lose their decision making facilities.

Purchased along with some other workbooks for my mother who is getting dementia. Some of the puzzles and things I can't even do and I consider myself to be pretty smart. More reading than puzzles. I doubt my mother will even try to use it. :(

This book is funny but as far as whether or not it Really works is to be determined. It is thought provoking, aside from just being a fun jab at the old person in your life.

Purchased for my elderly parents but I am surprised that I could not solve some of the puzzles. Great brain workout.

Very engaging book for those with Dementia

THis book is fun for ANY age. Puzzles are unique and interesting. Some are more difficult while others are slightly easier but every puzzle is fun.

I bought it for my 85 year old Mom, she loved it.

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Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series)
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)
Memory Training: Train your brain to improve your memory (Unlimited Memory, Mental Health, Memory Techniques, Education & Reference, Study Skills, Memory Improvement Book 1)
Memory Repair Protocol - Improve Your Memory: Powerful Strategies To Enhance Your Memory - The Ultimate Guide to Unleash Your Brain's Potential (memory loss Book 1)
Memory: Boost Your Memory with Easy Exercises - Improve Your Mental Focus in Everyday Life (FREE BONUS INCLUDED)

(Improve memory, improving memory, remembering more, productivity improvement) The Total Brain Workout: 450 Puzzles to Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit 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) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) 100+ Word Fill In Puzzle Book For Adults: The French Style Brain Teaser Crossword Puzzles With Fill In Words Puzzles for Total Brain Workout! (A Total Brain Workout Series) (Volume 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Better Memory Now: Memory Training Tips to Creatively Learn Anything Quickly, Improve Memory, & Ability to Focus for Students, Professionals, and Everyone Else who wants Memory Improvement Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness Exercises for the Brain and Memory : 70 Top Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today: (Special 2 In 1 Exclusive Edition) Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles)

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