



Memory Fitness over 40

Robin West

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Memory loss is not a normal part of aging. There are some memory changes, but most of them can be overcome. Dr. West shows how to evaluate your memory power to discover its strengths and weaknesses, and how to make your memory work for you on an everyday basis. Memory Fitness Over 40 provides the tools for sharper recall and better retention. It will give you the confidence to challenge your mind and use your memory power to its greatest potential.

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