

Senior Moments Memory Workout The

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Senior Moments Memory Workout The

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.

The Senior Moments Memory Workout: Improve Your Memory ...

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That's why you need the Senior Moment Memory Workout. Designed to keep all those awful senior symptoms at bay, this workout has been penned by world-renowned momentologist Tom Friedman and contains puzzles, quizzes, brainteasers and memory challenges to help keep you in tip-top shape.

The Senior Moments Memory Workout - Buy from Prezybox.com

In this witty book by Tom Friedman you'll find out how to keep your mind out of early retirement with a fun assortment of quizzes, puzzles, brainteasers and mental exercises. You'll also discover that you aren't the only one who's forgetful: these pages hold plenty of great senior moments from history to prove it.

Senior Moments Memory Workout | Seniors, Moment, Mental ...

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The Senior Moments Memory Workout: Improve Your Memory ...

A collection of engaging quizzes, puzzles, brainteasers and memory challenges, as well as sound advice and historical anecdotes reassures sufferers of the dreaded senior moment they’re not alone in this puzzle book.

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The Senior Moments Memory Workout:... book by Tom Friedman

A growing body of research suggests that you can improve your mental well-being —and minimize those senior moments—by exercising your brain. Just like you do with your body, experts recommend a regular regimen of exercise to keep your brain strong and fit. Posted 09-07-2016 by Marketing Department

Brain Games that Ward Off “Senior Moments”

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