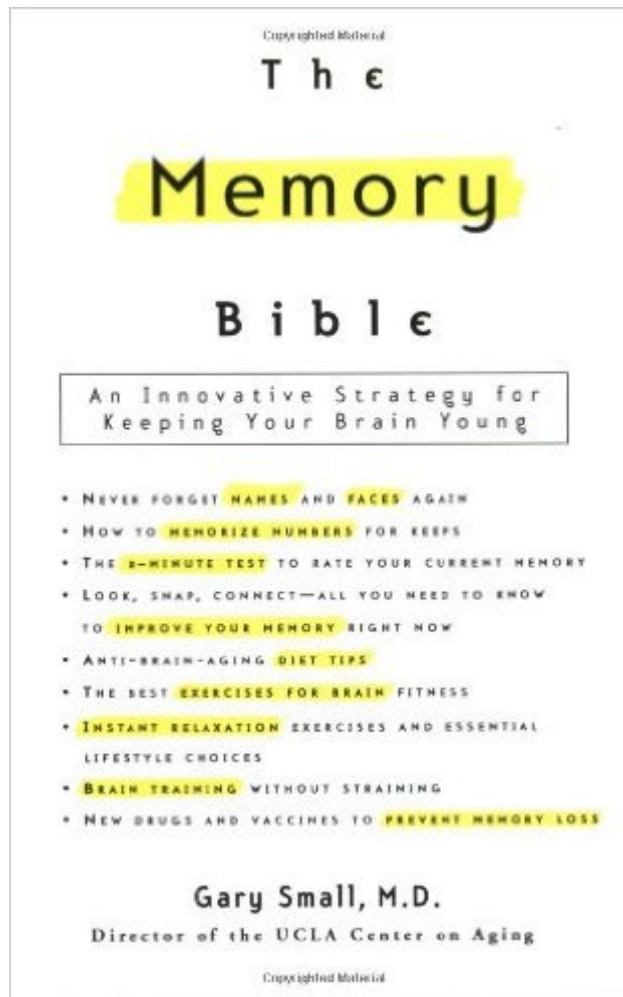


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# The Memory Bible: An Innovative Strategy For Keeping Your Brain Young



## Synopsis

Clear, concise, prescriptive steps for improving your memory and keeping your brain young -- from one of the world's top memory experts. Ever forget the name of an acquaintance or where you put the keys to your car? If you're like most people, you probably have, but now -- thanks to the paperback publication of *The Memory Bible* -- much of this forgetfulness can be eliminated easily. According to Dr. Gary Small, the director of the UCLA Center on Aging, "Great memories are not born, they are made," and *The Memory Bible* provides the innovative memory exercises and brain fitness programs necessary to immediately improve your mental performance. Dr. Small's comprehensive program includes a "brain diet" of memory-enhancing foods and a list of the most effective drugs, as well as a workbook with a weekly and daily calendar.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (53 customer reviews)

Best Sellers Rank: #31,287 in Books (See Top 100 in Books) #35 in [Books > Self-Help > Memory Improvement](#) #1240 in [Books > Religion & Spirituality > New Age & Spirituality](#) #1736 in [Books > Health, Fitness & Dieting > Psychology & Counseling](#)

## Customer Reviews

I was diagnosed with Alzheimer's [ALZ] in June, 2001. [See my review of Shenk, "The Forgetting Alzheimer's . ." on [for further details.](#)] Unlike Shenk, this book is not directed to those of us with diagnosed ALZ, but rather to a broader spectrum of those who realize they have a failing memory, and wish to take steps to buttress and strengthen these facilities. I cannot comment directly on the effectiveness of the LOOK, SNAP, & CONNECT exercise for myself as my ALZ is a progressive regressive disease, with no plateau in prospect. However, for those who fear that their memory loss is a precursor to ALZ, this book is a godsend. If you can strengthen your memory retention and recall by following the exercises, then you are NOT likely to have diagnosable ALZ. For those of us with ALZ, this book is a treasure-trove of valuable information, such as the Glossaary, the

pharmaceuticals used to deal with ALZ, and the Resources. Chapter 9: "Wise Up About Medicines" was particularly valuable. The subjective and objective tests in Chapter 2 were quite informative to me, a retired University Professor with a Mensa IQ, pre-ALZ, with apparent rapid onset at age 70+! A very small caveat, Small, who developed the protocols for Aricept [Donepezil] waxed too enthusiastic for the amyloid vaccine which has been, perhaps temporarily, withdrawn from its human trial due to unexpected brain inflammations. The Index is mostly useless, perhaps due to an ignorant publisher: although Small mentions Shenk in the text, neither "The Forgetting" nor Shenk are found in the index nor the Bibliography. I have already recommended "The Memory Bible" to friends who are worried about their deteriorating memory skills, and they report substantial benefits from LOOK, SNAP, AND CONNECT. [For the record, I scored an 88 on the Subjective Evaluation, and 10% on the Objective Measures. Sigh!]"Reverse Mike" is the name on my "Safe Return" bracelet. (:

The Memory Bible is just what the doctor ordered -- Dr. Gary Small, that is. It should be required reading for anyone over 25 who doesn't want to buy into the myth that memory loss is an inevitable consequence of aging. I like that he begins with a simple memory assessment that lets you focus a program of memory training that fits your needs and lifestyle. He gives practical tips on what you can do to improve your memory now, ranging from a healthy-brain diet to mental aerobics and simple stress-reduction techniques. Dr. Small's fascinating research on early detection of brain aging gives us hope that new discoveries to stave off memory loss and Alzheimer's disease are just around the corner. The sooner we read The Memory Bible and start Small's memory fitness program, the better, because it's a whole lot easier to prevent brain cell damage than reverse it. The book is fun to read and has interesting stories and case studies.

It's about time! After a string of disappointments from the self-help section of my local bookstore I've finally found an exception: a book that actually helps. "The Memory Bible" from Dr. Gary Small delivers exactly what it promises: "a strategy to keep your brain young." Dr. Small deftly reduces a lifetime of esoteric research into a straight-ahead, easily-understood, entertaining book that explains the process of how the brain ages and what we can do to slow it down. Unlike most frivolous theories we have grown to expect from self-help books, Dr. Small's offering is rooted firmly in scientific fact and data. This is an educating and enjoyable read that speaks equally to both result-oriented and process-oriented people while delivering that one intangible that ironically we have come not to expect from books of its kind: Help.

I never expected to like this book so much. It read fast and was pretty funny in parts. It gave me some good tips on how to improve my memory for names, places, numbers, etc. I learned a lot about things to do to protect against Alzheimer's disease and also about new drugs and treatments to help stop memory loss, that are available now or on the way. This is a great book, and I'm glad I read it in my 40's while I still have plenty of time to do stuff to protect my brain.

This book takes a very clinical approach to memory improvement, obviously because it was written by a doctor. I found this approach to be of little use to me. I feel that my memory is not very good because I simply do not know how to use it very well, not because I am suffering from any physiological problems like Alzheimer's. I found much more useful information from "The Memory Book" because it focused on memory exercises and tricks to improve a person's memory. I am currently reading "Learn to Remember" and I will report back on that when I am done.

Feeling more forgetful? Making jokes to others about going senile, but inside nervous that it might be true? Wish there was a way to improve your memory that is grounded in reality and science rather than in "airy-fairy" promises from infomercials? Is there someone you care about who is losing their memory and you'd like to help? If you answered "Yes" to any of these questions, buy, read and use Dr. Small's book, "The Memory Bible." Written by one of the most respected clinicians and scientists in the field of aging, yet written in a way that everyday people will understand, this book will help you to improve your memory and hold onto your memory longer.

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