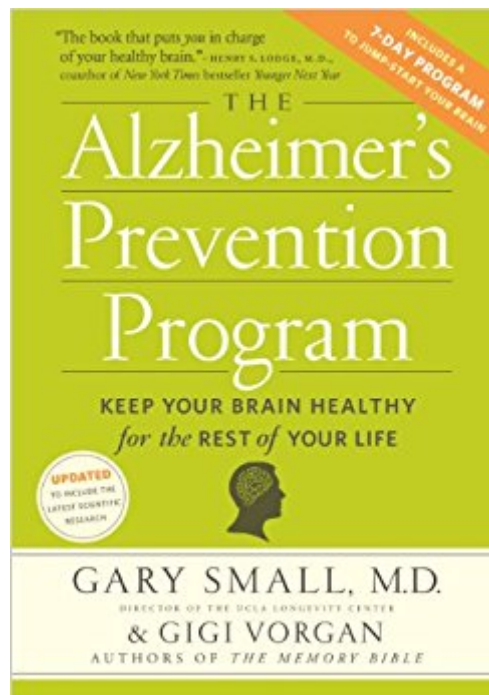




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# The Alzheimer's Prevention Program: Keep Your Brain Healthy For The Rest Of Your Life



## Synopsis

Want to keep Alzheimer's at bay for years—ideally, forever? Prevention is the way, and this is the guide. Now in paperback and updated throughout, The Alzheimer's Prevention Program is essential for everyone with a family history of Alzheimer's, and for the 80 million baby boomers who worry whenever they forget someone's name. It's the book that shows how to strengthen memory and avoid everyday lapses. How to incorporate the top ten brain-protecting foods into your diet. How to cross-train your brain, exercising both the right and left hemisphere. And how to reduce stress, a risk factor for developing dementia and Alzheimer's, through meditation and 11 other relaxation strategies. Written by the New York Times bestselling authors of The Memory Bible, this book is an easy-to-follow regimen based on the latest comprehensive research into Alzheimer's disease, and especially the critical connection between lifestyle and susceptibility. The paperback edition is updated with a brand-new section that answers the most compelling questions asked of Dr. Small after publication of the first edition, including: the power of exercise to offset a genetic predisposition; antibodies that can clear Alzheimer's plaques from the brain; and promising new treatments, from drugs to deep brain stimulation. It's the science-based, breakthrough program that will bring mental clarity to every day and help you take control of your brain's health.

## Book Information

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## Customer Reviews

• If you want to keep your brain healthy at any age, this is a book to reach for. • “Life After 50” • The simple dietary and fitness recommendations are small steps with potentially high returns

for long-term brain health • “ Publisher’s Weekly

Gary Small, M.D., is director of the UCLA Longevity Center. Named one of the world’s leading innovators in science and technology by Scientific American, he appears frequently on Today, Good Morning America, PBS, and CNN. He is also author of the bestselling The Memory Bible. Gigi Vorgan has written, produced, and appeared in numerous feature films and television shows. She is the coauthor of five other books with her husband, Dr. Gary Small.

I have done a lot of research on the subject of Alzheimer’s and dementia. My grandfather and my mother both suffered from dementia when they reached their seventies. I am doing everything I can to help myself now, so that I can prevent, or at least delay, the onset of this horrible illness. This book has reinforced many practices that I have already implemented in my life, and many others that I am going to add right now. Thank you for this important information.

I wish I had read this years ago. At 76, it may be too late for me. But I am incorporating his suggestions into my daily routine. I was not aware that doing things with my left hand could stimulate areas of my brain (I am right-handed). I already had been doing crossword puzzles, but was amazed at how hard it was to recall a long list of unassociated words. I will be working on that. Also I had noticed that doing math problems had become difficult. I will be doing more of those also. This is a book that I will be reading and re-reading.

My wife loves it. She has been worried about both of us getting old and having memory problems. This book helped her see that we are not in the early stages of Alzheimer’s, but just getting old and our file cabinets are larger.

great stuff! have put plans in operation and feel more intelligent every day. of course that’s natural for an 83 year old.

I would recommend this book as it was an easy read and gives good practical advice. I have read several books (I now own about ten!) on the topic since my husband was diagnosed with "early" Alzheimer’s. I was expecting though a little more "actionable" advice on things that can be done, and more in-depth recommendations. That being said, I definitely learned some valuable tips to share with my family and would still say this is in the top 3 of these books that I have read (the other

two being the new 5th edition of the 36 hour day, perfect for caregivingÂ The 36-Hour Day, fifth edition: The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss (A Johns Hopkins Press Health Book), and the new 2012 edition of Alzheimer's Treatment and Prevention,Â Alzheimer's Treatment Alzheimer's Prevention: A Patient and Family Guide, 2012 EditionÂ which is the go-to guide for the latest treatments, and was more comprehensive for things like the 9-week Alzheimers diet plan outlined for both treatment and prevention, as well as drug and non-drug approaches).

Dr. Small's book has practical, simple recommendations not only to reduce stress but to improve memory and enhance well-being. His mental exercises and dietary recommendations have helped me with memory recall, better sleep, and mood stabilization. Finally, an easy to read, practical book that is on-target.

Very insightful, easy to read. Good illustrations and puzzles to work on. I enjoyed reading this book. Instead of recommending pills to take to ward of Alzheimer's and memory decline, the author recommends normal foods, exercise and mind games.Mike M.

GOOD: Good book for those who want more information on Alzheimer's disease. The book is reasonably current in its content as of 2011. Good ideas about strategies to help prevent or delay the disease's onset. No quick fixes, but good suggestions on how to improve diet, memory exercise, etc. Worth reading.ISSUES: The book has several "tests" which require that you have a computer and internet access to download and print. The Kindle edition doesn't do a good job with viewing these forms which are necessary to get all the potential value of the book. If you're looking for a good reference book, it's probably best to purchase the book in it's hard form. The current cost is about the same as the Kindle edition and then you'll have a reference you can go back to easily.

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