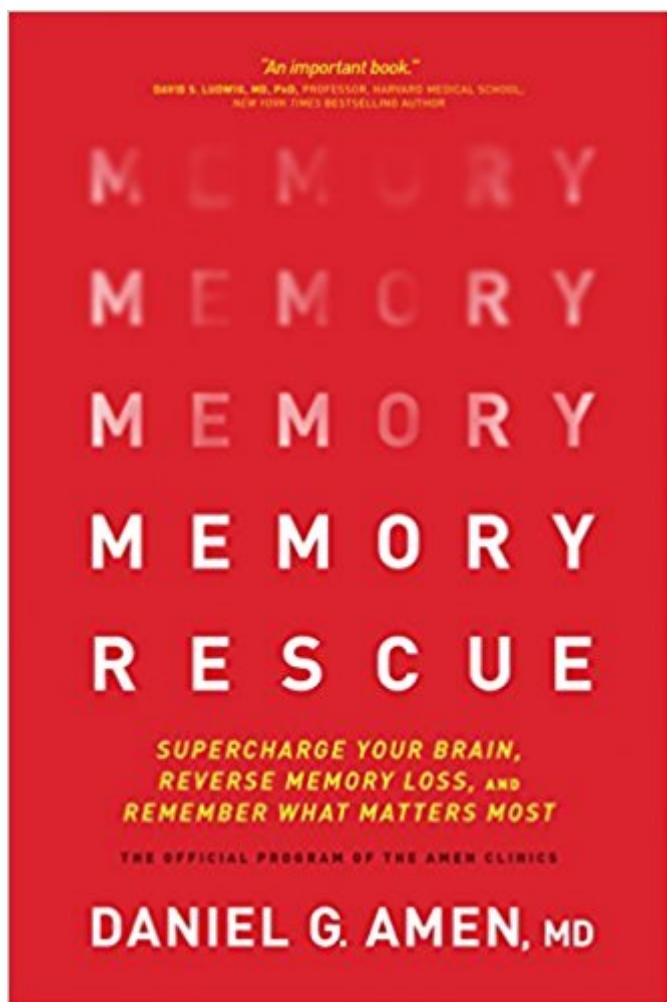


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# Memory Rescue: Supercharge Your Brain, Reverse Memory Loss, And Remember What Matters Most



## **Synopsis**

A proven program from #1 New York Times bestselling author and brain researcher Dr. Daniel Amen to help you change your brain and improve your memory today! Brain imaging research demonstrates that memory loss actually starts in the brain decades before you have any symptoms. Learn the actions you can take to help not just prevent memory loss later in life . . . but to begin restoring the memory you may have already lost. Expert physician Dr. Amen reveals how a multipronged strategy—including dietary changes, physical and mental exercises, and spiritual practices—can improve your brain health, enhance your memory, and reduce the likelihood that you’ll develop Alzheimer’s and other memory loss-related conditions. Keeping your brain healthy isn’t just a medical issue; it’s a God-given capacity and an essential building block for physical, emotional, and spiritual health. Take action against the fast-increasing memory crisis that threatens this crucial part of who you are—and help your brain, body, and soul stay strong for the rest of your life.

## **Book Information**

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## **Customer Reviews**

Memory Rescue is such an important book if you want to strengthen and keep your memory strong for the rest of your life. Millions of people find themselves victim to memory loss and have no idea there are simple interventions to help keep it strong. I deeply believe this approach can help you or your loved ones. (Tony Robbins, #1 NYT bestselling author, philanthropist, and #1 life and business strategist) Rescue your memory with Dr. Amen’s embraced habits that will brighten your mind. (Dr. Mehmet Oz, MD, Professor of surgery, New York-Presbyterian/Columbia University Medical Center) Your mind is everything that makes you human. Your memory is the most important part of

your mind. My friend and mind mentor, Dr. Daniel Amen, is the masterâ™s master of memory. In his page-turning book, you will discover the wisdom, insights, and understanding to optimize and maximize your mind and memory. It is a must-read for everyone with a mind. (Mark Victor Hansen, Co-creator of Chicken Soup for the Soul series)Our memories do so much for our lives: They inspire us, teach us, comfort us, and warn us. Without healthy brains with healthy memories, we suffer significant losses in the quality of our lives. Dr. Amenâ™s book is a highly valuable resource on how to not only stop the degeneration, but reverse it. My favorite quote is âœYour brainâ™s history is not its destiny.â • That says it all. Highly recommended, and well worth the reading (John Townsend, PhD, NYT bestselling author, psychologist, and founder of the Townsend Institute for Leadership and Counseling)At a time when memory loss is increasing at epidemic rates, Dr. Amen leads the way to better health. Memory Rescue is easy to read and simple to implement, and it will definitely help protect your brain. (Steven Masley, MD, FAHA, FACN, CNS, bestselling author of The Better Brain Solution)Dr. Amenâ™s work continues to break ground. All cultures put great value in living a long life but what if we canâ™t take our memories with us? Now, we have a choice. The sage wisdom and scientific advances taught in this book are the secret to living a long, healthy, and fulfilling life. (Pedram Shojai, OMD, Founder of Well.Org and NYT Bestselling Author)This is an âœinsanely simpleâ • guide for preventing and possibly reversing memory loss and dementia based on 25+ years of clinical experience treating thousands of brain-injured patients. Memory Rescue is a must-read not only for patients fearful of memory loss, but also for physicians who too often take a nihilistic approach to this epidemic problem. Dr. Amen provides scientifically based measures that can prevent or slow dementia. This book is the most current and succinct source to date on âœhow to do itâ •. (Joseph C. Maroon, M.D., Dept of Neurosurgery at U of Pittsburgh Medical Center; Team Neu-rosurgeon of the Pittsburgh Steelers)This is an incredibly helpful book for anyone who wants to increase their brain capacity and strengthen their memory. I want to stay sharp, and thatâ™s why I read everything Dr. Amen writes, and you should too! (Pastor Rick Warren, Author of The Purpose Driven Life and The Daniel Plan)While thereâ™s no pharmaceutical fix for memory decline, research now validates the powerfully therapeutic role of lifestyle choices in recovering and preserving memory. Dr. Amenâ™s Memory Rescue eloquently embraces this science and presents it to the reader in a wonderfully user-friendly format. (David Perlmutter, MD, FACN, Author of the NYT bestseller Grain Brain)Memory Rescue is an important book that shows you how to keep your memory strong. If you want to protect your most important organ and keep it healthy this book gives you a clear, simple path. (David S. Ludwig, MD, PhD, Professor, Harvard Medical School)Our ability to remember is a precious gift, one that makes us

human. Until reading "Memory Rescue," I had not realized how much I could do for and with my memory. In this warm and very accessible book, Dr. Daniel Amen uses brain scans and science-based insights to help protect our precious asset. The book does more than help us boost our memories—it promises and delivers a program for healthy aging and happier life. I highly recommend it. (Michael Gurian, Author of *The Wonder of Aging and Lessons of Lifelong Intimacy*)Dr. Amen has done it again with *Memory Rescue*, the quintessential book on how to get your brain healthy and how to keep it that way. It is full of essential information, based on the latest research, that everyone needs to keep their brain working at optimum health. Its easy-to-read format will allow everyone to find what they need for their individual brain. The brain scan data is second to none in showing how people can fully engage ways of keeping their brain happy and healthy for a long lifetime. (Andrew Newberg, bestselling author of *How Enlightenment Changes Your Brain*)As a heart researcher, I'm amazed at how many of Dr. Amen's BRIGHT MINDS factors apply to cardiac as well as brain health. Following his clear plan will slow the aging of both your ticker and your thinker. (William S. Harris, PhD, Professor at Sanford's School of Medicine; president of OmegaQuant, LLC)I have known Daniel for more than 25 years. He has been amazingly consistent in his journey, not only to describe neurological conditions from a more physiological basis, but also to promote a structured dietary program to improve brain function. This book carries on his explorations to build a better brain. As with each of his books, I always find new and provocative information. *Memory Rescue* is no exception. I highly recommend it to everyone. (Barry Sears, PhD, Author of *The Zone*)Memory is critical to success in every area of life. For more than a decade, Dr. Amen has been my go-to guy for all things related to memory, the brain, and performance. This terrific book is a complete manual for making your brain better now and into the future. (Jonny Bowden, PhD, CNS, Board-certified nutrition specialist)Dementia with aging is the sad new normal, but it is neither natural nor inevitable—if you follow Dr. Amen's brilliant guidance. Keeping and even improving your brain is really quite simple: Get nutrients in, keep toxins out and use it or lose it. (Dr. Joseph Pizzorno, Author of *The Toxin Solution*; Editor-in-Chief, *Integrative Medicine*)*Memory Rescue* is a powerful new book that shows you step-by-step how to improve your memory and overall health. The information is smart, simple, research-based, and effective. It's your roadmap to the best brain possible. (Mark Hyman MD, physician and best-selling author)Following the protocol in Dr. Daniel Amen's new book will not only renew your memory, it will renew your very life. Every aspect of your life brightens with brain health; everything becomes clearer. You know enough to tune your car—experience what happens when you tune your brain! (Chris Prentiss, Cofounder and codirector of Passages Malibu and coauthor of

## The Alcoholism and Addiction Cure)

From the back cover:Dr. Daniel Amenâ™s groundbreaking Memory Rescue plan can help you change your brain to improve your memory todayâ•and decrease your risk for memory-related problems in the future!Your brainâ™s history is not its destiny. Even if you have brain fog or trouble remembering now, it doesnâ™t mean you always will. You can start having a better memory today by engaging in the Amen Clinicsâ™ simple Memory Rescue: BRIGHT MINDS program. Whatâ™s more, the same plan will improve your energy, mood, sleep, weight, and overall success in life.Brain-imaging studies prove that the physical changes linked to memory loss actually start in the brain decades before you show any symptoms. Based on an approach that has helped thousands of his patients at the nationally known Amen Clinics as well as the latest medical research, Dr. Amenâ™s complete Memory Rescue planâ•including dietary changes, physical activity, mental exercises, and even spiritual practicesâ•can help you take control of your brain health starting today.Memory Rescue will enable you to:identify your risk factors for Alzheimerâ™s disease, dementia, and memory problems using Dr. Amenâ™s innovative BRIGHT MINDS approachcreate a personalized plan to overcome your own risk factorsdevelop habits to improve your life by enhancing and retaining memory functionprovide constructive support to a family member with dementia or other memory challengesbecome the best person you can be in mind, body, and soulYou are not stuck with the memory you haveâ•or the memory loss that threatens your future. Learn the secrets of Memory Rescue, and take steps toward a more vital, satisfying life.From the flap:A healthy brain is critical to an amazing life, and one of the most important markers of an unhealthy brain is declining memory.Although this problem is common as we age, it is not inevitable. And memory loss can be treated most effectively in the early stages. If you or a loved one is struggling with recall or memory, no matter how insignificant it seems, now is the time to get serious about your brainâ™s health.Memory Rescue is based on an amazingly simple idea: The best way to sharpen your memory, reverse brain aging, and decrease your risk of Alzheimerâ™s is to eliminate, prevent, or treat all of the risk factors that steal your mind.You need this book if:your memory has never been good and now itâ™s getting worseyou frequently misplace your keys or phoneyou often wonder why you came into a roomyou read a book or an article but donâ™t remember much of ityou notice that a loved oneâ™s failing memory is interfering with everyday tasksyou are concerned about a family member who has been diagnosed with dementiaFrom diet and supplements to brain exercises and the newest brain-boosting therapies, Memory Rescue shows you how to reduce your risk of Alzheimerâ™s and improve your memoryâ•beginning today.

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Memory Rescue: Supercharge Your Brain, Reverse Memory Loss, and Remember What Matters  
Most 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) 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 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 Training: Train your brain to improve your memory (Unlimited Memory, Mental Health, Memory Techniques, Education & Reference, Study Skills, Memory Improvement Book 1) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Memory: Mastermind - Supercharge Your Memory & Unleash The Power Of Your Mind To Maximize Productivity, Focus & Intelligence Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet for Weight Loss, Juicing, Plant Based Book 7) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) How to Improve Your Memory and Remember Anything: Flash Cards, Memory Palaces, Mnemonics (50+ Powerful Hacks for Amazing Memory Improvement) (The Learning Development Book Series 7) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) 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) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2

Diabetes, Reverse Diabetes) The Total Brain Workout: 450 Puzzles to Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit 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

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