



# Sharpening the Aging Mind: Methods, Tips & Tricks to Keep Your Mind Super Sharp

*Othniel J Seiden MD, Jane L Bilett PhD*

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We folks over 40 begin to noticing our memories are going to hell in a hurry. Scary! We think we're getting Alzheimer's, senility, Dementia, etc. We all have heard that, Old dogs can't learn new tricks! Sharpening the Aging Mind will dispel these fears and myths and give you real tools to keep your mind in tact, in shape and sharp as a tack! The mind is much like a muscle in that disuse causes atrophy while with exercise the mind can grow and develop in people more than 100 years of age... Written by a doctor and a psychologist, Sharpening the Aging Mind is a familiar prescription for their patients and now they are releasing it to the Boomer Generation, who number more than their individual practices can handle! Enjoy the read - and relax and enjoy your life and the memories you already have and the ones you're going to create! Contents Chapter 1 ~ What's the Problem? Chapter 2 ~ Myths About Mental Deterioration Chapter 3 ~ How the Mind Works Chapter 4 ~ How the Mind Dysfunctions Chapter 5 ~ Apathy to Atrophy... Stimulation to Sharpness! Chapter 6 ~ Your Memory is Better Than You Think Chapter 7 ~ Exercising the Mind Chapter 8 ~ Alzheimer's and Other Dementias Chapter 9 ~ Keeping up the Circulation and Aeration Chapter 10 ~ Don't Poison Those Delicate Fibers Chapter 11 ~ Your New Lifestyle Appendix 1 ~ Resources Appendix 2 ~ Quit Smoking Now About the Authors Other Books by Seiden & Bilett Recommended Reading

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