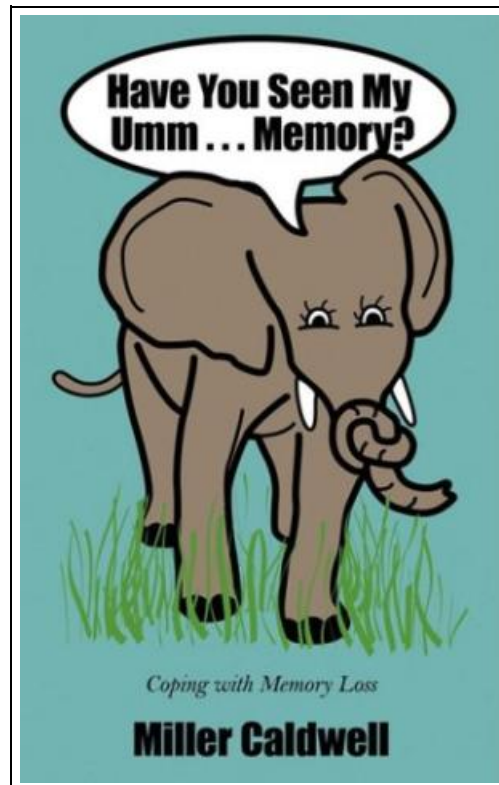


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Outskirts Press, United States, 2008. Paperback. Book Condition: New. 200 x 122 mm. Language: English . Brand New Book ***** Print on Demand *****.Everyone has had the frustrating experience of putting something down and then forgetting where. Outside influences like stress, hormone problems, or even the side-effects of medications can make people absent-minded and forgetful. But what if your memory is simply getting progressively worse? Are you frequently embarrassed at not being able to remember someone s name? Have you ever driven away from a gas station and genuinely forgotten to pay? Are these episodes of memory loss driving you to despair? If so, then this book by Miller Caldwell is not only going to amuse and entertain you, but also provide you with many serious tips and exercises that will help you train your brain all over again! Mr. Caldwell begins by explaining his own diagnosed condition, mild cognitive impairment (MCI), and the frustration he felt at having to retire early because of short-term memory loss. He explains in simple terms how the human brain processes our thoughts and then stores them in preparation for recall. He explains that, if an older person learns information in the right way, he or she is just as likely to remember information as effectively as someone decades younger. Each helpful tip and suggested exercise comes with an anecdote from the author s many varied and fascinating life experiences, including how he almost married the wrong woman! Presented in a delightful and straightforward format, this book will be an invaluable companion to those of us who are just a little bit forgetful, as well as people in the early stages of dementia. Oh, and just in case you forget, the charming cover illustration of an elephant with a knot in its trunk will...

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