



Dr. Green's Books

Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness (Bantam Books, 1999). While all of us forget, we often aren't sure what steps we can take to improve our everyday memory performance. ***Total Memory Workout*** offers readers a scientifically grounded, practical program to improve everyday memory performance. Based on Dr. Green's renowned work on memory enhancement at the Mount Sinai Medical Center in New York, ***Total Memory Workout*** takes readers through an 8 step plan to boost recall, focusing on topics such as how to lead a memory healthy lifestyle, organizational techniques to keep track of all you need to do, as well as tried and true strategies for remembering names, information that we read and see, and other challenges of everyday memory. Deemed "solid advice for the seriously inclined" by *Time Magazine*, ***Total Memory Workout*** has been released in five languages as well as a recent e-book edition.

Through the Seasons: An Activity Book for Memory Challenged Adults and Caregivers (Johns Hopkins University Press, 2008). Caregivers are often at a loss when it comes to finding engaging, creative activities for memory challenged individuals in their care, which play an important role in providing opportunities for connection, communication and stress reduction. ***Through the Seasons*** is an easy to use, large-format book that helps engage memory-challenged adults in simple, enjoyable activities that provide mental stimulation and enhance communication. Designed by Cynthia R. Green, Ph.D. and Joan Beloff, ***Through the Seasons*** provides a scientifically sound, well-developed program that will help both family caregivers and professionals maintain and enhance relationships with the persons in their care. It also helps memory-impaired individuals retain dignity and remain active companions, even as their communication skills become increasingly limited. The program is based on a series of beautiful photographs that serve as a springboard for discussion points and activities, broken into the seasons of the year. The book is appropriate for use by both family and professional caregivers. Nancy Mace, co-author of ***The 36 Hour Day***, said "[T]his book provides a great way to interrupt the daily routines of caregiving with activities that are easy and fun for both the caregiver and the person with dementia."

Brainpower Game Plan: Food, Moves and Games to Clear Brain Fog, Boost Memory, and Age-Proof Your Mind in 4 Weeks! (Rodale Press, 2009). Can we reduce our risk for memory loss as we age? Based on advances in the science of brain health, ***Brainpower Game Plan*** offers readers an easy-to-use way to get in better brain shape while having fun. Written with the editors of *Prevention Magazine*, ***Brainpower Game Plan*** provides a comprehensive yet practical daily program for enhancing everyday memory performance, reducing risks of dementia and building better brain health. Each day is filled with terrific exercises, delicious brain healthy meals and brain training workouts proven to boost brainpower. The book also looks at the latest brain health science, and has a "Brain Q Quiz" to guide readers. Test panel participants raved about their results, finding that their memory performance improved by up to 78%. "It was stunning to me how much better I remembered," said one panel member. The book is winning rave reviews from both readers and fellow doctors.

