



# Mind Games: The Aging Brain and How to Keep it Healthy

*Kathleen Harmeyer, Kathryn Wetzel*

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**Mind Games: The Aging Brain and How to Keep it Healthy** Kathleen Harmeyer, Kathryn Wetzel

Mind Games: The Aging Brain and How to Keep it Healthy is a textbook designed to acquaint the reader with the latest theories on learning memory, and how the brain works. Based on the most recent scholarship, Mind Games: The Aging Brain and How to Keep it Healthy synthesizes these theories into mental exercises, activities and games, diet recommendations, and physical exercises intended to prevent and reverse the loss of memory and brain function. Readers will be able to apply these techniques and strategies to all aspects of their lives, and those loved ones. Mind Games: The Aging Brain and How to Keep it Healthy also includes real life examples of people who have applied these theories successfully.

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