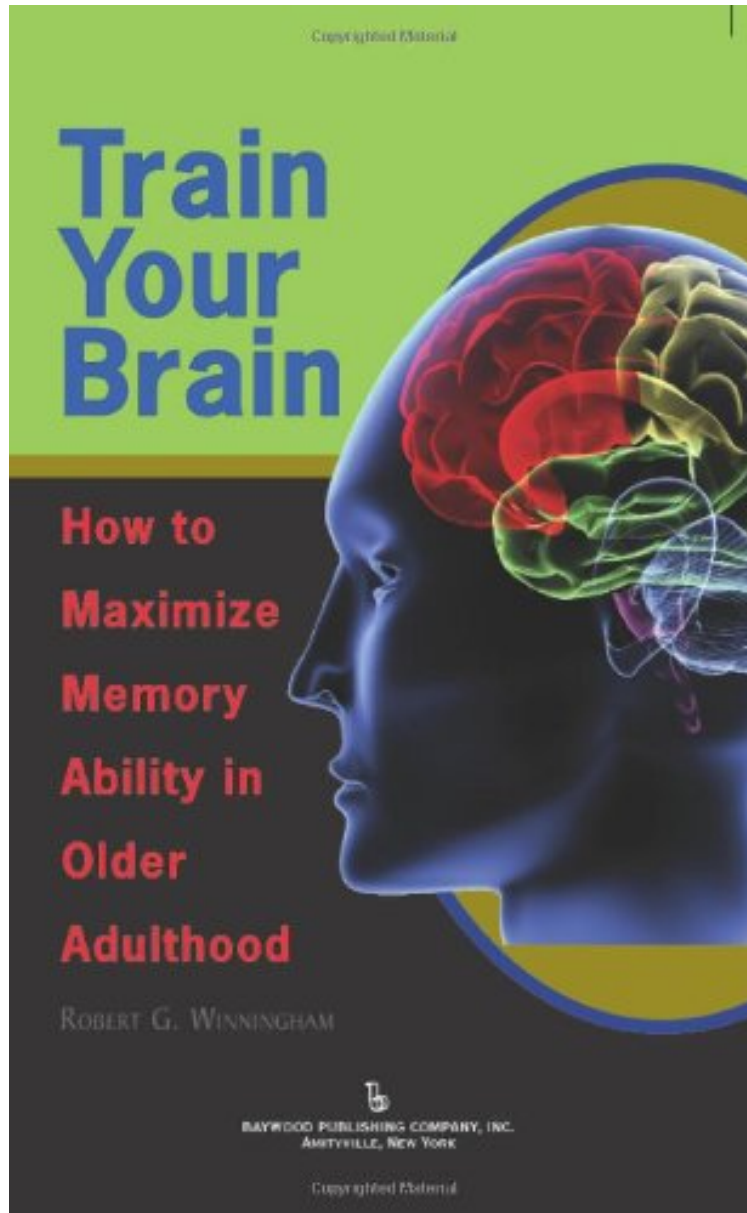


(Get free) Train Your Brain: How to Maximize Memory Ability in Older Adulthood

# Train Your Brain: How to Maximize Memory Ability in Older Adulthood

*Robert G. Winningham*

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**Robert G. Winningham : Train Your Brain: How to Maximize Memory Ability in Older Adulthood** before purchasing it in order to gage whether or not it would be worth my time, and all praised Train Your Brain: How to Maximize Memory Ability in Older Adulthood:

4 of 4 people found the following review helpful. Train Your BrainBy jacthingvoldExcellent book! The author reviews a great deal of research about what we do and don't know about preventing (or delaying) dementia. He then gives many practical activities for keeping the brain working!1 of 1 people found the following review helpful. Good studyBy D. TheodorsonWell written. Good study material7 of 7 people found the following review helpful. "Train Your Brain" can change your lifeBy Ronald DiniusThe book Train Your Brain can change people's lives. It will surely alert older adults to the factors that affect memory abilities. It is a pleasant and optimistic thought that older adults, if determined enough, can prevent a decrease in memory ability by staying mentally active. After reading Dr. Winningham's book I enrolled in a community college class to help improve my memory. Train Your Brain is easy to read and understand, with lots of examples from real life. I would encourage middle-aged adults to read this book to gain knowledge and learn new strategies to increase their memory abilities. I was not aware of Cognitive Enhancement programs that can improve memory and delay memory impairment. The research reviewed in Train Your Brain is a wake up call for baby boomers.

"Train Your Brain" was written to provide older adults, and the people who work with them, with practical and scientifically based suggestions and interventions on how to maintain and even improve memory ability. Researchers have found that certain lifestyle factors predict the likelihood of developing memory problems. Most chapters begin with research summaries, followed by practical suggestions for taking advantage of the identified factors that affect memory. The book also contains information and suggestions for people interested in starting a cognitive enhancement program in an assisted living facility, senior center, or medical setting. Two chapters, 'How Memory Works' and 'How the Brain Works', provide readers with a foundation of knowledge so they can get the most out of subsequent chapters. The author presents the 'Use It or Lose It' theory of memory and aging and the overwhelming evidence that cognitive stimulation is associated with better memory ability; he also provides information on how nutrition, physical exercise, mood, stress, and sleep all affect memory. The book contains cognitive enhancement activities, with instructions, that can be used to create a memory enhancement program for oneself or others. However, even all of this information won't help the older adult who is unmotivated to make the necessary behavioral changes, so the author includes information on how to motivate people to do the things that can improve their quality of life and their ability to make new memories.

About the AuthorRobert G. Winningham, Ph.D., (neuroscience, Baylor University), joined Western Oregon University in the fall of 2000 and is a tenured member of the Psychology Division. He teaches courses such as Cognitive Psychology, General Psychology, Learning and Memory for Instructors, Developmental Psychology, Cognitive Neuroscience: Geriatrics, Sensation Perception, and Theories of Learning. Dr. Winningham has been studying applied memory issues for 15 years, and for the past 10 years has conducted research on older adults' cognitive abilities. More recently he has been researching and designing cognitive enhancement programs for older adults and has helped develop novel approaches to increase the efficacy of physical and occupational therapy. He has been named to Who's Who in America and Who's Who in Medicine and Healthcare. He received the 2005 Mario and Alma Pastega Award for Excellence in Research, Western Oregon University's highest award to faculty for scholarship. In addition to publishing in the area of human memory, Dr. Winningham has made many television and radio appearances. He has also given over 300 invited presentations on memory and aging at conferences and workshops.