

## Memory Enhancement Resource List

### Books

- Brown, Allen S. *How to Increase Your Memory Power*. Scott Foresman Company: Glenview, IL, 1989.
- Engelman, Marge. *Aerobics of the Mind: Keeping the Mind Active in Aging*. Venture Publishing, Inc.: State College, PA, 1999.
- Fogler, Janet, and Lynn Stern. *Improving Your Memory* (rev. ed.). The Johns Hopkins University Press: Baltimore, MD, 1994.
- Green, Cynthia R. *Total Memory Workout: Eight Easy Steps to Maximize Memory Fitness*. Bantam Books: New York, NY, 1999.
- Fry, Ron. *Improve Your Memory* (4<sup>th</sup> ed.). The Career Press, Inc.: Franklin Lakes, NJ, 2002.
- Gordon, Barry, and Berger, Lisa. *Intelligent Memory*. Viking: New York, NY, 2003
- Katz, Lawrence C. and Rubin, Manning. *Keep Your Brain Alive*. Workman Publishing Company: New York, 1999.
- Mason, Douglas J. and Kohn, Michael. L. *The Memory Workbook: Breakthrough Techniques to Exercise Your Brain and Improve Your Memory*. New Harbinger Publishing, Inc.: Oakland, CA, 2001.
- Schafer, Edith Nalle. *Our Remarkable Memory*. Starhill Press: Washington, DC, 1992.
- Snowden, David. *Aging With Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives*. Bantam Books: New York, NY, 2001.

### Web Resources

<http://www.asaging.org/cdc>

American Society on Aging On-line Training: "Cognitive Vitality"

<http://asaging.org/learn/index.html>

Lifelong Education and Renewal Network, Constituency Group of the American Society on Aging

### Brain Games

(Some ways you can work mental activity into your daily routine.)

- Do crossword puzzles
- Play bridge
- Play board games
- Do jigsaw puzzles
- Do work-search puzzles
- Play a musical instrument
- Attend a class
- Join a reading group
- Learn a new language
- Learn how to use a computer
- Solve brain teasers
- Read
- Attend a museum lecture
- Paint
- Take a poetry class