

Give your mind and memory a mental workout today!

“Quick Tips, Quips & Quotes to Improve Your Mind and Memory”(book)

- Build your confidence about your memory potential
- Increase your attention and focus to process information
- Practice techniques using visualization and association for better recall
- Use nutrition, diet and herbs to energize your brain for better concentration
- Develop your note taking skill for recording information for later use
- Use object and visual cues as reminders



“Memory Fitness in the Later Years”(on two audio cassette tapes or 2 audio CDs)

- Develop self- confidence about your memory
- Dispel myths about aging and memory
- Learn to remember dates, names, and numbers
- Learn what causes forgetfulness and how to get around it
- Identify memory changes with aging
- Develop your own memory systems
- Learn how your memory really works



“The FundaMENTALS of Memory Fitness” Revised Edition (book)

This book is designed to enhance your memory by actively exercising the brain. Mental exercising is the key to unlocking enormous memory potential. This interactive book offers FundaMENTALS that will motivate you to stretch beyond your present mental capabilities through the use of additional mind exercises, assessments, techniques, and strategies.



Quantity	Title	Price	TOTAL
	<i>“Quick Tips, Quips & Quotes to Improve Your Mind and Memory” (Book)</i>	\$9.95	
	<i>“Memory Fitness in the Later Years” (CDs)</i>	\$29.99	
	<i>“Memory Fitness in the Later Years” (Audio Tapes)</i>	\$19.99	
	<i>“The FundaMENTALS of Memory Fitness” (Book)</i>	\$14.95	
		Shipping	3.00
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I've enclosed a check or money order for the total amount above.

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