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The Senior Moments Memory Workout: Improve Your Memory ...

That's why you need the Senior Moment Memory Workout. Designed to keep all those awful senior symptoms at bay, this workout has been penned by world-renowned momentologist Tom Friedman and contains puzzles, quizzes, brain teasers and memory challenges to help keep you in tip-top shape.

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Features: Embarrassing senior moments will quickly become a thing of the past The science behind the exercises stems from cutting-edge research on the brain Includes a wide range of challenges designed to stimulate solvers of all ages Great Fathers Day gift or stocking filler gift

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1,000 Unforgettable Senior Moments—it features a collection of engaging quizzes, puzzles, brainteasers, and memory challenges, as well as sound advice and historical anecdotes to reassure sufferers they're not alone. And you don't have to be a senior to use it: people of all ages can benefit from these brain-strengthening techniques.

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The Senior Moments Memory Workout by Tom Friedman ...

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