

APPENDIX 5.1: RESOURCES AND SUGGESTIONS FOR FURTHER READING

Websites

Memory Works offers (for sale) a variety of science-based memory training CD-ROM programs. Educational materials, discussion about memory and memory impairments, and other resources are available at no cost: <http://www.memoryzine.com/memoryworks.html>

Lumosity provides exercises to improve memory and attention, detailed feedback, and improvement tracking: <http://www.lumosity.com>

Brainist.com includes Memory, Math, Mnemonics, Strategy Games, Trivia, Riddles, and Logic Puzzles. Also, includes educational articles explaining the benefits of each game on the brain: <http://www.brainist.com>

SharpBrains contains a variety of Brain Teasers and Games, as well as presents some educational information about memory and the brain: <http://www.sharpbrains.com/teasers>

Fit Brains includes games designed to target each of the five major brain categories: Memory, Concentration & Attention, Language Skills, Visual & Spatial, and Executive Functions (Logic & Reasoning): <http://www.fitbrains.com>

HAPPYneuron brings you Brain Fitness through entertaining games designed to challenge the brain. The comprehensive program stimulates your attention, language, memory, visual-spatial and executive function skills: <http://www.happy-neuron.com>

Posit Science offers (for sale) a variety of auditory and visual brain training software programs. These programs were designed to help an individual think faster, focus better, and remember more: <http://www.positscience.com>

Books

Arden, J. B. (2002). *Improving your memory for dummies*. New York, NY: Wiley.

Provides information on memory, how the brain works, and establishing memory power, as well as on other lifestyle tips for a healthy memory (nutrition, stress reduction, sleep). Chapters are dedicated to mnemonics strategies, including strategies for remembering a list, remembering people, and remembering dates (appointments, birthdays).

Bendheim, P. E. (2009). *The brain training revolution: A proven workout for healthy brain aging*. Naperville, IL: Sourcebooks.

Discusses what to expect as your brain grows older and provides information about how to boost your brain's performance in midlife and beyond. Includes a bonus DVD with interactive mental exercises.

Gediman, C., & Crinella, F. M. (2005). *Brainfit: 10 minutes a day for a sharper mind and memory*. Nashville, TN: Rutledge Hill.

Discusses ways to maintain your brain and includes mental agility challenges, exercises, and a memory preassessment.

Gediman, C. L., & Crinella, F. M. (2008). *Supercharge your memory! More than 100 exercises to energize your mind*. Nashville, TN: Rutledge Hill.

Includes various mental agility exercises designed to challenge and energize the mind.

Green, C. R. (2001). *Total memory workout: 8 easy steps to maximum memory fitness*. New York, NY: Bantam Books.

Discusses how to maximize memory potential and includes several techniques to keep memory sharp. Exercises are designed to facilitate list learning, story recall, and remembering faces.

Higbee, K. L. (2001). *Your memory: How it works and how to improve it*. New York, NY: Marlowe & Company.

Provides an understanding of memory processes and tips for how to improve them. Chapters cover the basic principles for remembering; including several mnemonics strategies and techniques (e.g., link and story mnemonics, peg mnemonics, loci method, visualization, organization, remembering names and faces).

Katz, L., & Rubin, M. (1998). *Keep your brain alive: 83 neurobic exercises*. New York, NY: Workman.

Includes exercises for your memory. Exercises are designed to benefit memory across several contexts (e.g., commuting, work, market, leisure).

Lorayne, H. (1985). *Page-a-minute memory book*. New York, NY: Random House.

Offers practice with mnemonic techniques (e.g., substitute word system, link system, peg system).

Lorayne, H. (2007). *Ageless memory: Simple secrets for keeping your brain young: Fool-proof methods for people over 50*. New York, NY: Black Dog & Leventhal.

Discusses how memory training works and provides exercises for several memory techniques and strategies (e.g., association, link system, remembering words and meanings, names, faces, numbers, shopping lists, errands, and appointments).

Mark, V. H., & Mark, J. P. (1999). *Reversing memory loss: Proven methods for regaining, strengthening, and preserving your memory*. New York, NY: Houghton Mifflin.

Provides information on memory and memory impairments, as well as on other lifestyle tips for a healthy memory (e.g., nutrition, depression, alcoholism, stress reduction, sleep).

Mason, D. J., Kohn, M. L., & Clark, K. A. (2001). *The memory workbook: Break-through techniques to exercise your brain and improve your memory*. Oakland, CA: New Harbinger.

Highlights several aspects of memory (e.g., visual and verbal memory), as well as covers major structures of the brain and their function. Provides exercises to aid in memory recall.

Noir, M., & Croisile, B. (2006). *Get your brain in the fast lane: Turbocharge your memory with more than 100 brain building exercises*. New York, NY: McGraw-Hill.

Provides exercises at various difficulty levels (e.g., easy, medium, and difficult) and solutions.

Noir, M., & Croisile, B. (2009). *Protein shakes for the brain: 91 games and exercises to work your minds muscle to the max*. China: McGraw-Hill.

Discusses the benefits of exercising the brain. Provides exercises at various difficulty levels (e.g., easy, medium, and difficult) and solutions.

O' Brien, D. (2005). *How to develop a brilliant memory week by week*. London, England: Duncan Baird.

Discusses a variety of mnemonic techniques (e.g., acronyms, link method, journal method, concentration, number-rhyme system, alphabet system, remembering names and faces, directions, spellings, jokes, and telephone numbers and important dates). Includes self-tests for all lessons.

Small, G. (2003). *The memory bible: An innovative strategy for keeping your brain young*. New York, NY: Hyperion Books.

Covers a wide variety of topics, such as the effects of lifestyle, medications, diet, and stress on memory. Includes memory training skills and memory assessments.

Small, G., & Vorgan, G. (2004). *The memory prescription: Dr. Gary Small's 14-Day plan to keep your brain and body young*. New York, NY: Hyperion Books.

Covers a wide variety of topics, such as the effects of physical fitness, diet, and stress on memory. Chapters include mental and physical fitness assessments, a 14-day memory prescription, and a 2-week check-up-gauge success.