



# The Memory Advantage: Improve Your Memory, Mood, and Confidence Throughout Life

*Thomas H. Crook PhD.*

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Dr. Thomas Crook is a major contributor in the field of memory research and The Memory Advantage shares his wealth of knowledge in a handy, easy to read guide that provides you with everything you need to know, to repair, and maintain the mechanisms in your brain which help you stay sharp and focused. The research shows, that once you are past 25 your mental capacity has begun to wane, so it's not simply the older generation that can benefit from this knowledge. The Memory Advantage is for every adult who wishes to take an active role in improving his or her mental fitness and keeping it that way for life! This is the first publication to incorporate the facts and findings with simple exercises and lifestyle recommendations that will get you back on track! The Memory Advantage delivers it all, in a single volume, everything you need to know to care for our most powerful and important tool and get the most out of life!

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