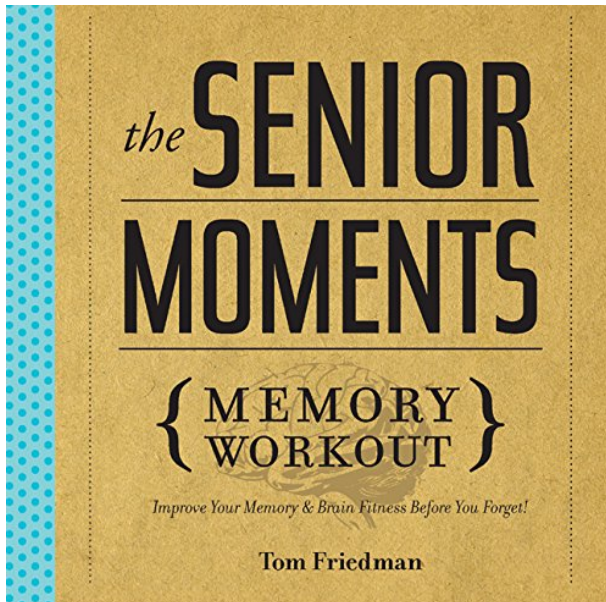


oXFfM [GET] The Senior Moments Memory Workout: Improve Your Memory & Brain Fitness Before You Forget!



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Acute absentmindedness, fuzzy thinking, head-scratching confusion: those are just a few symptoms of the dreaded senior moment! Fortunately, the Senior Moments Memory Workout is here to keep them at bay! Created by world-renowned senior momentologist Tom Friedmanauthor of 1,000 Unforgettable Senior Momentsit features a collection of engaging quizzes, puzzles, brainteasers, and memory challenges, as well as sound advice and historical anecdotes to reassure sufferers theyre not alone. And you dont have to be a senior to use it: people of all ages can benefit from these brain-strengthening techniques. Just a few minutes a day gives that memory a complete tune-up! DISCLAIMER: "We cannot guarantee the availability of this ebook on an external site."

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