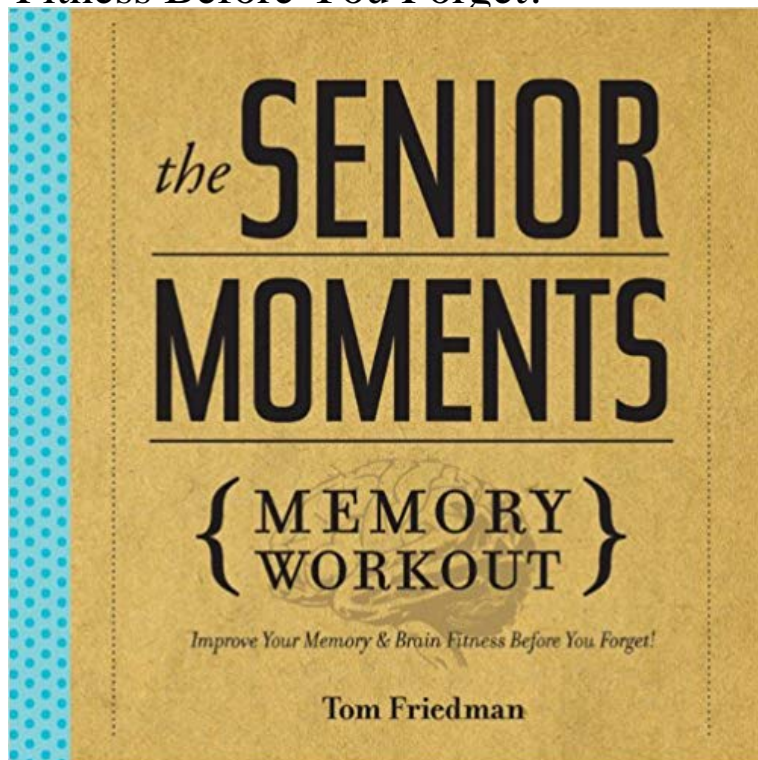


## The Senior Moments Memory Workout: Improve Your Memory & Brain Fitness Before You Forget!



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 Friedman author of 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. Just a few minutes a day gives that memory a complete tune-up!

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