



# **Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It**

*Andrew E. Budson , Maureen K. O'Connor*

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As you age, you may find yourself worrying about your memory. Where did I put those car keys? What time was my appointment? What was her name again? With more than 41 million Americans over the age of 65 in the United States, the question becomes how much (or, perhaps, what type) of memory loss is to be expected as one gets older and what should trigger a visit to the doctor.

*Seven Steps to Managing Your Memory* addresses these key concerns and more, such as...

- What are the signs that suggest your memory problems are more than just part of normal aging?
- Is it normal to have concerns about your memory?
- What are the markers of mild cognitive impairment, dementia, Alzheimer's, and other neurodegenerative diseases?
- How should you convey your memory concerns to your doctor?
- What can your doctor do to evaluate your memory?
- Which healthcare professional(s) should you see?
- What medicines, alternative therapies, diets, and exercises are available to improve your memory?
- Can crossword puzzles, computer brain-training games, memory aids, and strategies help strengthen your memory?
- What other resources are available when dealing with memory loss?

*Seven Steps to Managing Your Memory* is written in an easy-to-read yet comprehensive style, featuring clinical vignettes and character-based stories that provide real-life examples of how to successfully manage age-related memory loss.

## Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It Details

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# **From Reader Review Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It for online ebook**

## **Anne says**

Excellent book!

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## **Sheryl says**

The most well organized and designed medical book ever....it addressed all the issues I was interested in, presented it in multiple ways (straight medical doctor jargon and a story format between 8 characters you get to know), and summarized each chapter highlighting the main topics.

I feel much better now because I am informed about what is normal and what isn't and ways to maintain and/or improve brain health.

I would recommend this book to anyone who has ever remembered that they forgot something.

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## **Wisteriouswoman says**

The authors are great about explaining different parts of the brain and how they function and encouraging people to see a doctor if they notice they have memory changes that they are worried about.

The case studies also helped me see ways that family members can be helpful. This book would be good for someone who is concerned about a relative that is having trouble functioning on a daily basis.

There are helpful tips to adjusting habits to make memory lose from aging easier to cope with. Fortunately I already do these things so I know I'm on the right track. But it does encourage people to partner up with someone who has always had memory problems their whole life to see what system they have developed for remembering things. I had a photographic memory for some things as a child so it was very helpful for me to learn from my husband good habits such as always putting my keys in the same place.

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## **Bibi says**

Very informative but appears repetitive at times. Written in an easy format utilizing a "case" approach and featuring a few fictional characters. Provides definitions, characteristics or symptoms, and excellent suggestions on how to tackle this malady. Would recommend to anyone trying to understand memory loss and aging.

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