

Memory Building Activities

Eye Popping Puzzles

Coussement, De Schepper & Kay

Optical Illusions

Al Seckel

Crossword puzzles

Sudoku puzzles

Web-based Resources

Web Sites

- cdc.gov/aging/healthybrain
- brainconnection.com
- sandlotscience.com
- sharpbrains.com
- helpguide.org

Key Web search words

- Brain teasers
- Brainbashers
- Grey Labyrinth
- Creative ageing
- National Institute on Ageing

Book Resources

Majid Fotuhi M.D., Ph.D.

- *The Memory Cure*

Jon Kabat-Zinn, Ph.D.

- *Full Catastrophe Living*
- *Wherever You Go, There You Are*

Lawrence Katz, Ph.D. & Manning Rubin

- *Keep Your Brain Alive*

John Rowe, M.D. & Robert Kahn, Ph.D.

- *Successful Aging*

Robert Sapolsky, Ph.D.

- *Why Zebras Don't Get Ulcers*

Dharma Singh Khalsa, M.D.

- *The Better Memory Kit*

Gary Small, M.D.

- *The Memory Bible*
- *The Memory Prescription*
- *The Longevity Bible*

Andrew Weil, M.D.

- *Healthy Aging*
- *Eight Weeks to Optimum Health*
- *Natural Health, Natural Medicine*