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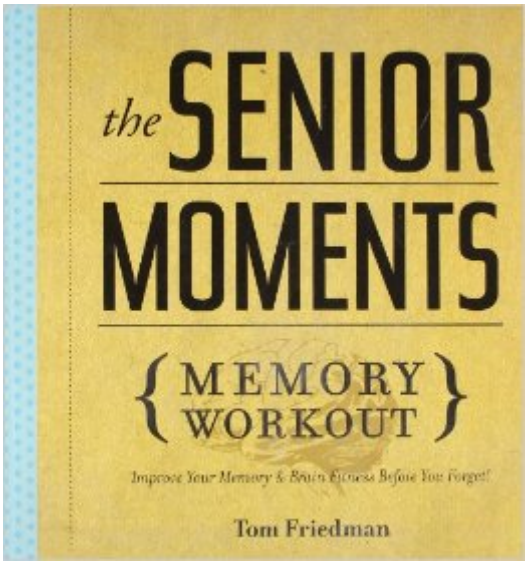
The Senior Moments Memory Workout: Improve Your Memory & Brain Fitness Before You Forget!



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Synopsis

Acute absentmindedness, fuzzy thinking, head-scratching confusion: those are just a few symptoms of the dreaded senior moment!Â Fortunately, the Senior Moments Memory Workout is here to keep them at bay!Â Created by world-renowned “senior momentologistâ • 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 theyâ ™re not alone.Â And you donâ ™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!

Book Information

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Customer Reviews

This book is way, way too difficult if you have a loved one with dementia or is in their 80’s and 90’s. My 40 year old kids had fun with it trying to figure out the problems but if you’re looking for a book to help you with your elderly parents....look elsewhere. My husband and I with 3 college degrees between us couldn’t figure many of the problems out. It’s more a "brain teaser" book, not a help book for caregivers. It’s a"Memory workout" for yourself, maybe, but not for someone struggling with memory problems

Gift for 80-something person who has memory issues and gets confused at times about abstract things. It was frustrating more than fun, although he claims he likes the book. For someone who enjoys brain teasers, this would be a great gift. The contents don’t deal with popular culture (as i

recall) so that helps. The book also has some excellent quotes from famous (and not so famous) people are memory and the like. I give it 3 stars because it is more challenging than it looks.

This was more like a trival pursuits in a book. I was looking for puzzles for seniors who are being to lose their decision making facilities.

Purchased along with some other workbooks for my mother who is getting dementia. Some of the puzzles and things I can’t even do and I consider myself to be pretty smart. More reading than puzzles. I doubt my mother will even try to use it. :(

Beware! This is misleading and disappointing. The book is more of a generic trivia book than anything actually targeting memory development for senior citizens. You would be better off looking at Luminosity type products or even large print sudoku books. There are pages of factoids about brain and memory health mixed in with trivia questions and puzzles. Any puzzle magazine at your local newstand or drug store would be much better than this book. One of the first quizzes in the book is a matching game with classic movies and famous lines from the movie. These kinds of questions are for generic trivia books, not developing memory.The bold print "Senior Moments" on the cover is a manipulative attempt at targeting the elderly or the loved ones of the elderly who are trying to make the best of the golden years. Do not buy this book, and perhaps do more homework when it comes to products aimed at helping senior citizens.

This is a fun way to pass the evening with friends. The book is fun and informative. Got this on time and would recommemd.

I bought this book for my parents, aged 88 and 92, and they love it.It has delivered what the advert. promised.

I bought this as a gift for my mom. I wasn’t sure how she would take it. But she is really excited about it.

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