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Memory Workout is here to keep them at bay! Created by world-renowned senior momentologist Tom Friedman, 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. You don't have to be a senior to use it: people of all ages can benefit from these brain-strengthening techniques.

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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, acute absentmindedness, fuzzy thinking, head-scratching confusion: those are just a few symptoms of the dreaded senior moment!

The Senior Moments Memory Workout: Improve Your Memory ...

That's why you need the Senior Moment Memory Workout. Designed to keep all those awful senior symptoms at bay, this workout has been penned by world-renowned momentologist Tom Friedman and contains puzzles, quizzes, brain teasers and memory challenges to help keep you in tip-top shape.

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