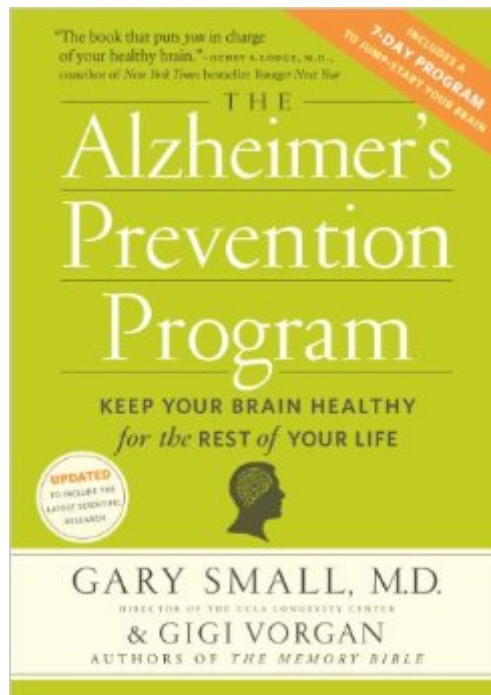


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# The Alzheimer's Prevention Program: Keep Your Brain Healthy For The Rest Of Your Life



## Synopsis

Want to keep Alzheimer's at bay for years—ideally, forever? Prevention is the way, and this is the guide. Now in paperback and updated throughout, *The Alzheimer's Prevention Program* is essential for everyone with a family history of Alzheimer's, and for the 80 million baby boomers who worry whenever they forget someone's name. It's the book that shows how to strengthen memory and avoid everyday lapses. How to incorporate the top ten brain-protecting foods into your diet. How to cross-train your brain, exercising both the right and left hemisphere. And how to reduce stress, a risk factor for developing dementia and Alzheimer's, through meditation and 11 other relaxation strategies. Written by the New York Times bestselling authors of *The Memory Bible*, this book is an easy-to-follow regimen based on the latest comprehensive research into Alzheimer's disease, and especially the critical connection between lifestyle and susceptibility. The paperback edition is updated with a brand-new section that answers the most compelling questions asked of Dr. Small after publication of the first edition, including: the power of exercise to offset a genetic predisposition; antibodies that can clear Alzheimer's plaques from the brain; and promising new treatments, from drugs to deep brain stimulation. It's the science-based, breakthrough program that will bring mental clarity to every day and help you take control of your brain's health.

## Book Information

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## Customer Reviews

GOOD: Good book for those who want more information on Alzheimer's disease. The book is reasonably current in its content as of 2011. Good ideas about strategies to help prevent or delay

the disease's onset. No quick fixes, but good suggestions on how to improve diet, memory exercise, etc. Worth reading. ISSUES: The book has several "tests" which require that you have a computer and internet access to download and print. The Kindle edition doesn't do a good job with viewing these forms which are necessary to get all the potential value of the book. If you're looking for a good reference book, it's probably best to purchase the book in its hard form. The current cost is about the same as the Kindle edition and then you'll have a reference you can go back to easily.

My grandmother had Alzheimer's and sadly my father is now suffering from dementia (Alzheimer's?). Anyone who has been exposed in an intimate way to this tragic disease has a serious motivation to avoid it themselves-if possible. Thus my interest in The Alzheimer's Prevention Program. I'm pleased to say it is a good one. Many books can give you basic information, but Small and Vorgan do more. In addition to doing a fine job organizing and clearly presenting the latest research on what you can do to prevent Alzheimer's, the book is also surprisingly engaging. Typically I read how-to books with the goal of getting through them as quickly as possible. I initially approached The Alzheimer's Prevention Program that way; that is, to read solely for information, skimming sections that I could get quickly, but I kept finding myself reading every word. It's hard to put your finger on why it draws you in more than most informational books, but it does. So a good book on an important topic. My only concern (no doubt because I edited a book about it) is while Dr. Small, rightly discusses the benefits of exercises, he doesn't mention what to do if you're injured or ill and stuck in bed. For that, I recommend *Get Fit in Bed: Tone Your Body & Calm Your Mind from the Comfort of Your Bed.*, written by a nurse and chiropractor, it offers a gentle but thorough exercise program for anyone confined to bed.

I would recommend this book as it was an easy read and gives good practical advice. I have read several books (I now own about ten!) on the topic since my husband was diagnosed with "early" Alzheimer's. I was expecting though a little more "actionable" advice on things that can be done, and more in-depth recommendations. That being said, I definitely learned some valuable tips to share with my family and would still say this is in the top 3 of these books that I have read (the other two being the new 5th edition of the 36 hour day, perfect for caregiving *The 36-Hour Day*, fifth edition: *The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss* (A Johns Hopkins Press Health Book), and the new 2012 edition of *Alzheimer's Treatment and Prevention*, *Alzheimer's Treatment Alzheimer's Prevention: A Patient and Family Guide*, 2012 Edition which is the go-to guide for the latest treatments, and was

more comprehensive for things like the 9-week Alzheimers diet plan outlined for both treatment and prevention, as well as drug and non-drug approaches).

Dr. Small's book has practical, simple recommendations not only to reduce stress but to improve memory and enhance well-being. His mental exercises and dietary recommendations have helped me with memory recall, better sleep, and mood stabilization. Finally, an easy to read, practical book that is on-target.

I bought and read this book. Although the book contained nothing in any way offensive, neither did it contain anything meaningfully instructive. Basically, the book says eat nutritional foods, work out, and reduce stress, and not much more than that. The sad truth is that we as a society have only recently begun to sit up and take notice of Alzheimer's as a pervasive and serious problem, but have not yet dedicated sufficient resources to develop much medical reason for hope. There is nothing wrong with the book, but I would not recommend its purchase.

I'm a retired psychologist and I bought this book for my wife whose family has Alzheimer's running through it. She read it in two days and I read through parts that were of interest to me. I found it sufficiently well documented to suit my academic tastes and yet very readable and interesting. My wife felt the same. It was a thoughtful and practical approach to dealing with one's anxieties relative to Alzheimer's Syndrome based on the current state of knowledge.

Dr. Small hits another home run teaching us everything we need to know to hedge our bet from developing Alzheimer's Disease. Since current treatments only delay the inevitable, knowing how to prevent AD is invaluable. The first wave of 76 million Baby Boomers become Seniors every day by turning 65, and for the next 18 years 10,000 Americans will become Seniors every day: 1 every 13 seconds. The problem is by age 65, one in eight is afflicted with AD, and by age 85 (fastest growing population) nearly one in every two. Business loses multi-\$billions a year due to AD, largely from absenteeism and lost productivity from employees' need to care for loved ones. There are 37+ million Seniors now and in two decades there will be 70+ million. Experts warn that this ongoing 'Silver Tsunami' will create major social and economic challenges for decades to come. Prevention of AD is a big part of the solution--Dr. Small has given us the roadmap!--Jacqueline Marcell, Author 'Elder Rage, or Take My Father... Please! How to Survive Caring for Aging Parents', International Speaker on Eldercare & Alzheimer's

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