



TBH TOOLKITS SUGGESTED READING LIST

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Cohen, GD. **The Mature Mind: The Positive Power of the Aging Brain.** New York: Basic Books, 2005.

Cohen, GD. **The Creative Age: Awakening Human Potential in the Second Half of Life.** New York: Harper Collins, 2000.

Foer, J. **Moonwalking with Einstein: The Art and Science of Remembering Everything.** NY: Penguin Books, 2012.

Green, CR. **30 Days to Total Brain Health: A Whole Month's Worth of Daily Tips to Boost Your Memory and Build Better Brain Power.** Montclair, NJ: Memory Arts, LLC., 2011.

Green, CR. **The Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness.** New York: Bantam Books, 1999.

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Green, CR and Beloff, J. **Through the Seasons: An Activity Book for Memory-Challenged Adults and Caregivers.** Baltimore, MD: The Johns Hopkins University Press, 2008.

Hanh, TN and Cheung, L. **Savor: Mindful Eating, Mindful Life.** New York: Harper Collins, 2011.

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Johnson, S. **Everything Bad is Good for You: How Today's Popular Culture is Actually Making Us Smarter.** New York: Riverhead Books, 2005.

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Levitin, DJ. **The Organized Mind: Thinking Straight in the Age of Information Overload.** New York: Dutton, 2014.

Pink, D. **A Whole New Mind: Why Right Brainers Will Rule the Future.** New York: Riverhead Books, 2008.

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Schachter-Shalomi, Z. and Miller, RS. **From Age-ing to Sage-ing: A Profound New Vision of Growing Older.** New York: Warner Books, 1995.

Sedlar, J and Miners, R. **Don't Retire, Rewire! 5 Steps to Fulfilling Work that Fuels Your Passion, Suits Your Personality, or Fills Your Pocket.** Indianapolis, IN: Alpha Books, Inc. 2003.

Snowdon, D. **Aging With Grace: What the Nun Study Teaches Us About Leading Longer, Healthier and More Meaningful Lives.** New York: Bantam Books, 2001.

Sweeney, MS with CR Green, contributor. **Your Best Brain Ever: A Complete Guide and Workout.** Washington, D.C.: National Geographic Books, 2014.