



## TOTAL BRAIN HEALTH®

### BOOK ORDERING INFORMATION

The following books may be used to supplement the TBH Toolkit classes and programs. They can be ordered via our website, [CLICK HERE](#), or directly from the publisher.

**Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness** by Cynthia R. Green, Ph.D.  
*Dr. Green's original memory fitness program, designed for individual use as a memory-boosting plan in 8 steps.*

Random House, 1999  
ISBN: 978-0553380265

**Brainpower Game Plan: Foods, Moves and Games to Clear Brain Fog, Boost Memory and Age-Proof Your Mind in 4 Weeks!** by Cynthia R. Green Ph.D. and the Editors of Prevention  
*A four-week guided plan of nutrition, exercise and brain training to boost brainpower.*

Rodale Press, 2009  
ISBN: 978-1605299006

**30 Days to Total Brain Health: A Whole Month's Worth of Daily Tips to Boost Your Memory and Build Better Brain Power** by Cynthia R. Green, Ph.D.  
*Brief, daily tips and exercises to improve cognitive health over a month. The perfect introduction to how we can improve our brain fitness through small steps each day.*

Memory Arts LLC, 2011  
ISBN: 978-0578087184

**Through the Seasons: An Activity Book for Memory Challenged Adults and Caregivers** by Cynthia R. Green, Ph.D. and Joan Beloff  
*A cognitive stimulation approach to enhancing communication and intellectual engagement for persons affected by memory loss.*

Johns Hopkins University Press, 2008  
ISBN: 978-0801888441

**Your Best Brain Ever: A Complete Guide and Workout** by Mike Sweeney and Cynthia R. Green, Ph.D.  
*Named a "2013 Top Guide to Life After 50" by the Wall Street Journal, a practical guide to understanding and boosting brain performance.*

National Geographic Books, 2013  
ISBN: 978-1426211706