



TBH TOOLKITS SUGGESTED READING LIST

The following books can provide additional information about brain health and memory. They can be ordered via our website, [CLICK HERE](#), or directly from the publisher.

Aamodt, S and Wang, S. **Welcome to Your Brain: Why You Lose Your Car Keys but Never Forget How to Drive and Other Puzzles of Everyday Life.** New York: Bloomsbury, 2008.

Begley, S. **Train Your Mind, Change Your Brain.** New York: Ballantine Books, 2008.

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.

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.

Green, CR with the editors of Prevention. **Brainpower Game Plan: Food, Moves and Games to Clear Brain Fog, Boost Memory and Age-Proof Your Mind in 4 Weeks!** Rodale Press, 2009.

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.

Higbee, KL. **Your Memory: How it Works and How to Improve It.** New York: Marlowe and Company, 1996.

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

Katz, LC and Rubin, M. **Keep Your Brain Alive: 83 Neurobic Exercises to help Prevent Memory Loss and Increase Mental Fitness.** New York: Workman Press, 1999.



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.

Rizzo, P. **Listful Thinking: Using Lists to be More Productive, Highly Successful and Less Stressed**. New York: Viva Editions, 2014.

Rowe, JW and Kahn, RL. **Successful Aging: The MacArthur Foundation Study**. New York: Pantheon Books, 1998.

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.