



**Memoria/ Harvard Medical School Guide: Todo lo
que necesitas saber para no olvidarte de las cosas/
Achieving Optimal Memory (Cuerpo Y Salud /
Body and Health) (Spanish Edition)**

Aaron P. Nelson, Susan Gilbert

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Aaron P. Nelson, doctor de la Facultad de Medicina de Harvard y Neuropsicólogo Clínico ha ayudado a miles de pacientes con problemas cognitivos y de memoria. En esta guía de fácil lectura podrá encontrar: cómo saber si tiene algún problema, además de los métodos adecuados para su evaluación; cómo afectan a nuestra memoria factores tales como el tabaco, una mala alimentación o un estilo de vida sedentario; y un programa completo para mejorar su memoria, con ejercicios, materiales, consejos sobre alimentación y trucos para recordar cosas importantes.

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