



The Memory Cure : How to Protect Your Brain Against Memory Loss and Alzheimer's Disease

Majid Fotuhi

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"Credentials don't come much loftier than Fotuhi's."

--Washington Post

"The book is a message of hope and reassurance for laymen, especially aging members of the baby-boom generation alarmed by all the attention being paid to Alzheimer's and imagining worst-case scenarios for themselves."

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Dr. Majid Fotuhi, one of the world's foremost experts in the field of Alzheimer's Disease and brain function, outlines a highly effective plan to guard against memory loss.

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