



SIU MEDICINE

DALE & DEBORAH SMITH CENTER
FOR ALZHEIMER'S RESEARCH
& TREATMENT

RECOMMENDED READING ON BRAIN HEALTH AND MEMORY

BOOKS ON BRAIN HEALTH AND PREVENTING DEMENTIA

Boost your Brain: The New Art and Science Behind Enhanced Brain Performance by Majid Fotuhi, M.D., Ph.D and Christina Breda Antoniadou

The Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life by Gary Small, M.D. and Gigi Vorgan

Outsmarting Alzheimer's: What You Can DO to Reduce Your Risk by Kenneth S. Kosik, M.D.

The Alzheimer's Prevention and Treatment Diet: Using Nutrition to Combat the Effects of Alzheimer's Disease by Richard Isaacson, M.D. and Christopher N. Ochner, Ph.D

BOOKS ON BEHAVIORAL CHANGE

Grit: The Power of Passion and Perseverance by Angela Duckworth, Ph.D.

Mindset: The New Psychology of Success (How We Can Learn to Fulfill Our Potential) by Carol S. Dweck, Ph.D.

The Marshmallow Test: Mastering Self-Control Book by Walter Mischel, Ph.D.

Learned Optimism: How to Change Your Mind and Your Life by Martin E.P. Seligman, Ph.D.

Flourish: A Visionary New Understanding of Happiness and Well-Being by Martin E.P. Seligman, Ph.D.

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment by Martin E.P. Seligman, Ph.D.

Willpower: Rediscovering the Greatest Human Strength by Roy F. Baumeister, Ph.D. and John Tierney

BOOKS ON MEMORY AND COGNITIVE EXERCISE

Keep Your Brain Stronger for Longer: 201 Brain Exercises for People with Mild Cognitive Impairment by Tonia Vojkofsky Psy.D (Author), Robert G. Feldman M.D. (Foreword)

365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) by Kim Chamberlain