

Clinical Psychology Associates of North Central Florida
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The linked website resources were originally compiled in July 2009 by [Randi Most, Ph.D.](#), a neuropsychologist in private practice in Jacksonville, Florida. It was compiled from suggestions for resources for people with memory problems made from neuropsychologists subscribing to a large national neuropsychology list-serve managed by Laura Howe, Ph.D. and others. Resources added since appear below in dark blue as opposed to black text in three linked pages.

HELP WITH MEMORY

WEBSITES

bindependent – Tips and Resources

<http://www.bindependent.com/hompg/look/memstart.htm>

About Memory: Learning about Memory for Permanent Memory Improvement

<http://www.memory-key.com/EverydayMemory/external.htm>

National Academic Advising Association: Resources to Assist with Memory Improvement

<http://www.nacada.ksu.edu/Clearinghouse/Links/Memory-links.htm>

UAB Home Based Cognitive Stimulation Program

<http://main.uab.edu/tbi/show.asp?durki=49377>

Mind Tools – memory techniques

<http://www.mindtools.com/memory.html>

Memory Principles – study skills

<http://frank.mtsu.edu/~studskl/mem.html>

Information about Dementia and Neuropsychology
NeuropsychologyCentral.Com

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SUGGESTED READING

The Memory Workbook: Breakthrough Techniques to Exercise Your Brain and Improve Your Memory; By Douglas Mason, Psy.D., Michael Lee Kohn and Karen Clark; New Harbinger Publications (2001)

Your Memory: How it Works and How to Improve It by Kenneth Higbee, PhD Da Capo Press (2001)

Remembering and Forgetting in Everyday Life; by Barry Gordon, M.D.; Mastermedia Publishing Co (1995)

Intelligent Memory: Improve the Memory that Makes You Smarter; by Barry Gordon, M.D.; Penguin (2004)

The Harvard Medical School Guide to Achieving Optimal Memory; by Aaron Nelson, Ph.D.; McGraw-Hill (2005);

Stop Memory Loss; Matteson Books; by William Cone, Ph.D. (2005);

Successful Aging; by Mary O'Brien, M.D.; Biomed General (2007);

Brain Games: fun Ways to Lower Your Brain Age in Minutes a Day; by Elkhonan Goldberg; Publications International Unlimited (2008);

Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness; by Lawrence Katz, Ph.D. and Manning Rubin; Workman Publishing Co. (1998);

How to Remember: A Practical Guide to Memory Recall; by Rob Eastaway; Hodder & Stoughton (2004);

The Memory Book: The Classic Guide to Improving Your memory at Work, at School and at Play; by Harry Lorayne & Jerry Lucas; Ballantine Books (2000);

Aerobics of the Mind Cards: 100 Exercises for a Healthy Brain; by Marge Engelman, Ph.D. Attainment Co. (2001);

Treating Memory Impairments: A Memory Book and Other Strategies; by Vicki Dohrmann; Communication Skill Builders 1-800-763-2306 or 1-800-228-0752

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Readings Continued:

Memory Matters; By Deborah West and Janet Niemeier,
National Resource Center for TBI www.neuro.pmr.vcu.edu/

The Memory Bible; by Gary Small, M.D.; Hyperion (2003)

Don't Forget; by Danielle Lapp; DaCapo Press (1995);

[Helping People With Progressive Memory Disorders A Guide For You and Your Family](#) by Leilani Doty (online book)

COMPUTER BASED COGNITIVE TRAINING PROGRAMS

My Brain Trainer

<http://www.mybraintrainer.com/exercise/>

The Brain Fitness Program

http://www.positscience.com/products/brain_fitness_program/description.php

Brain Age 2

<http://www.brainage.com/launch/index.jsp>

5 Great Games That Will Supercharge Your Brain *FREE

<http://www.dumblittleman.com/2008/09/5-great-games-that-will-super-charge.html>

BrainBashers – puzzles, games brain teasers and optical illusions *FREE

<http://www.brainbashers.com/index.asp>

Games for the Brain *FREE

<http://www.gamesforthebrain.com/>

BrainTrain

www.braintrain.com

MSN Games – puzzles, word trivia, pop culture *FREE

<http://zone.msn.com/en-us/home>

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NeuropsychOnline

<http://www.neuropsychonline.com/Index.html>

Sample Module *FREE

http://www.neuropsychonline.com/Tour_files/sample/t03t07.php

The Memory Works

<http://www.memoryzine.com/>

Rocky Mountain Learning Systems – brain & memory software programs

<http://www.rmlearning.com/MemorySoftware.htm>

AudiBlox

<http://www.learninginfo.org/index.htm>

Don't Forget – memory games *FREE

http://www.exploratorium.edu/memory/dont_forget/index.html

Luminosity – Brain Training Games

<http://www.lumosity.com/>

Wii Big Brain Academy

<http://www.bigbrainacademy.com/>

Memory Booster – children

<http://www.memory-booster.com/us/indexB.htm>

Challenging Our Minds – cognitive enhancement system for children

<http://challenging-our-minds.com/>

Neuroscience for Kids – memory games *FREE

<http://faculty.washington.edu/chudler/chmemory.html>

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