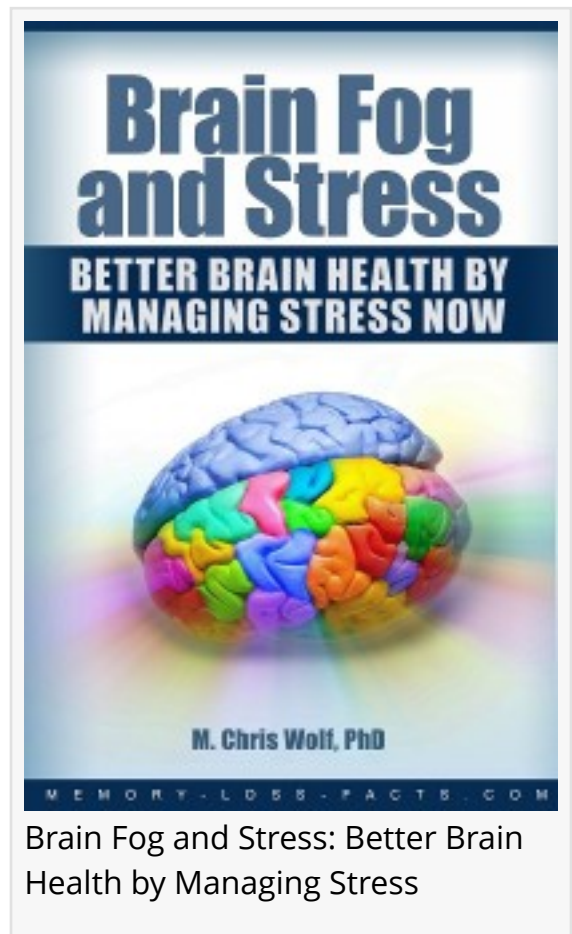


Memory Loss Facts Launches the Third Book of Dr. Wolf's Brain Health Series

/EINPresswire.com/ [Memory Loss Facts](http://MemoryLossFacts.com) Launches the Third Book of Dr. Wolf's Brain Health Series
Memory Loss Facts, a known company that helps individuals improve their memory by providing vital information on memory loss, has launched the third book of Dr. Wolf's Brain Health Series on Amazon. The newly launched book is called [Brain Fog](http://BrainFog.com) and Stress, and it is free for five days on Amazon starting May 18, 2013.

There are different reasons why some individuals experience brain fog. According to a recent survey, brain fog can be caused by stress from work and other personal things. Although others take it for granted, brain fog can be dangerous to one's health and may cause serious health problems in the future, depending on how one's body reacts on it. Aside from stress, anxiety may also cause brain fog and to solve the problem, Dr. Chris Wolf launched the third book of his brain health series. This book revolves around how individuals can get rid of brain fog and which treatments are best suited for everyone who experiences it.



Dr. Chris Wolf has helped many individuals who have issues with their memory. One of his book's buyer stated that the book has changed her life and has improved her memory. The book contains numerous recommendations and many like the Brain Health Action Plan because it provides solutions that anyone can't find from other books about memory fog.

Brain Fog and Stress is an easy to read e-book. It includes facts on how to avoid brain fog, why stress affects the brain's memory, effects of cortisol, and how the brain can affect one's judgment. Readers will also learn how to eliminate negative thinking. There are included methods and techniques on how a person can improve their stress management.

The third book of Dr. Chris Wolf's series also includes essential information on how anxiety and stress are associated to brain fog. The book was designed to let individuals manage or beat brain

fog in as short as five weeks. With Brain Fog and Stress, everyone will get to know every little thing about brain fog, stress, impact of stress on one's brain, tips that anyone can apply in their everyday lives to stop stress and brain fog.

Brain Fog and Stress is free for five days only. Those who are suffering from the consequences of suffering from brain fog may get it from Amazon.com.

To get the free edition, please click here now:

<http://www.amazon.com/Brain-Fog-Stress-Managing-ebook/dp/B00CA0G9UI>.

To learn more about Dr. Wolf and his work on memory loss and prevention please click on this link now:

<http://www.memory-loss-facts.com/>

Dr. Chris Wolf is a clinical and neuropsychologist who is licensed to practice in Pennsylvania, New Jersey and Georgia. He is Board Certified in Clinical Psychology and also Behavioral Health Practice. He is a Certified Brain Injury Specialist. Dr. Wolf has been a Clinical Neuropsychologist with the Department of the Army since 2009. He diagnoses and treats active duty soldiers returning from combat who have suffered a traumatic brain injury.

Prior to his current practice, he was the Director of Psychology for five years with the Rehabilitation Hospital of South Jersey where he worked extensively with geriatric patients who had suffered stroke and with person who survived traumatic and acquired brain injury. During his career, Dr. Wolf has consulted to sub-acute rehabilitation and long-term care facilities. He is the founder of Memory-Loss-Facts.com. He lives with his wife Gail, son Ryan and Labrador Bambi in the greater Atlanta area.

Dr. M. Chris Wolf has over 20 years experience as a clinical and neuropsychologist. In early 2011, Dr. Wolf launched Memory-Loss-Facts.com with the intent of providing people with free information on how to improve memory and overall brain health. The informational website is designed to help the average person find the answers to their memory questions. The research was done for the general population by a clinical neuropsychologist and staff. Most importantly, the goal of Memory-Loss Facts is to help people improve their memory and improve the quality of their life.

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<http://www.Memory-Loss-Facts.com>

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