



BIOGRAPHY

Cynthia Green, PhD

Cynthia R. Green, Ph.D., is one of America's foremost memory fitness and brain health experts. Dr. Green is the founder and president of Memory Arts, LLC, a company that provides memory fitness and brain health training to organizations, corporations, and individuals. She is also an acclaimed author, respected lecturer, and sought-after spokesperson known for her engaging and personable presentation style. Dr. Green has appeared on Good Morning America, The Early Show, 20/20, Fox News, The Martha Stewart Show, CNBC, and National Public Radio's "Talk of the Nation," as well as in the pages of Time, Newsweek, The New York Times, The Washington Post, The London Standard, Good Housekeeping, Prevention, and Parenting.

Dr. Green received her Ph.D. in clinical psychology from New York University. Since 1990, she has served on the faculty of the Mount Sinai School of Medicine, where she is currently an assistant clinical professor in the department of psychiatry. Dr. Green is a recognized expert in the diagnosis and treatment of Alzheimer's disease, having served as co-principal investigator on a number of clinical trials that evaluated treatments for this condition.

In 1996, Dr. Green founded The Memory Enhancement Program at the Mount Sinai School of Medicine in New York, a unique and innovative approach to enhancing memory fitness in healthy adults of all ages. The success of this widely praised program led to the publication of Dr. Green's popular self-help book, **Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness** which is now in its tenth printing and has been translated into four languages. Dr. Green's other books include **Through the Seasons**, an activities book for memory-challenged adults and their caregivers; and **Brainpower Game Plan: Food, Moves, and Games to Clear Brain Fog, Boost Memory, and Age-Proof Your Mind in 4 Weeks**, which features a 30-day "game plan" based on sound science that trains and encourages adults to build better brain health habits through regular exercise, proper diet, and practical brain-training techniques. Written with the editors of Prevention magazine, Brainpower has been featured on Dr. Phil and The Today Show and continues to receive rave reviews from both readers and clinicians who treat memory disorders. More recently Dr. Green collaborated with Marbles The Brain Store to produce "**The Good Thinking Kit**," which has been featured on The Martha Stewart Show and endorsed by the U.S. Memory Championship. Dr. Green's latest book, **30 Days to Total Brain Health**, is a practical and easy-to-use introduction to brain fitness.

Dr. Green maintains a private practice in New York City. Originally from Greensboro, N.C., she currently resides in northern New Jersey with her husband and their three children.

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