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Memory Improvement: How To Boost Your Memory, Learn Faster And Unleash Your Brain's Power (Memory Improvement, Memory, How To Boost Your Memory, Brain Training, Memory Techniques,)

Jack J. Scott

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Memory Improvement - How To Boost Your Memory, Learn Faster And Unleash Your Brain's Power

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A strong memory depends on the health and vitality of your brain. Whether you're a student studying for final exams, a working professional interested in doing all you can to stay mentally sharp, or a senior looking to preserve and enhance your grey matter as you age, there are lots of things you can do to improve your memory and mental performance.

With the evolution of science, we are now aware how some habits can influence positively the faculties of our brain and how some great techniques can make you feel like a super-hero of the memory.
What you will find in this book can drastically improve your life. Now days, with the amount of information around us, you will quickly stand out of the crowd if you can remember all the knowledge you want.

By experience, I know how frustrating that could be to forget a name, or to forget what you have eaten yesterday evening... Yeah, I was a master in the field of forgetting. But now, I can remember every name, every lunch, every piece of information that I need. And much more, like remembering every birthday, every capital of the world, every phone number... I also remember 50 decimal places of pi!
I don't say that to show off, just to tell you that is largely possible. Because, believe me, if I did it, you can too!

Here Is A Preview Of What You'll Learn...

- Why are you forgetting
- Eating for the brain
- Exercise for the brain
- Best Memory Improvement Techniques
- Much, much more!

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