



How To Improve Your Memory: Learn to Remember More of Everything by Using Your Brain to Create Long Lasting Memories (Memory Improvement, Remember more, ... How to have a better memory, memory)

Aydan Riley

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Scientifically Proven: The Secret Guide on How to Improve Memory

When we were kids, remembering long lists, names, numbers – all seemed to be so easy and effortless. In fact, it was so effortless that you never felt the need to understand the process of memory, recall or remembrance, correct?

It is often said that wisdom comes with age. But, what happens to the memory? Don't you think that today memory has come under a question and this may be attributed to various reasons and factors? Now, is it to do with the gamut of information around us, or maybe we have just forgotten to play the memory game.

Well, here is some good news! Whatever age, gender or academic experience you may possess, it is very much possible to boost your memory with some tried and tested techniques.

This book provides an insight into this memory game. By reading this book, you will get to understand some simple strategies, processes, nutritional guidelines and exercises that will enable you to dramatically elevate your memory and keep your brain functioning at its peak levels.

You will gain an understanding of strategies that can help you improve focus along with some guidance on the law of association, neuro-linguistic tips and nutritional guidelines that can help in elevating the memory.

By using the guidelines mentioned in the book as daily tools to create proactive habits, you can boost your memory or power to recall and remember.

A Preview to How to Improve Memory:

-DIET

-EXERCISE

-SLEEP

-REMEMBERING NAMES

-REMEMBERING FACES

-BRAIN GAMES

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