

A Free Memory Booster 10

Andy Arnott

Memory Booster Workout: 10 Steps to a Powerful Memory Dr Jo and Williams Dr Huw Iddon,2003

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Memory Improvement: How to Memorize Like a Genius and Unlock Your Full Potential (Memory Improvement Brain Power Memory Training Study Skills) Brendan Campbell, You may be thinking that your memory is bad. Well, I'd say – there's no such thing as bad memory, there's only untrained memory. With right kind of information, techniques, and strategies, anyone can boost memory and memorize anything with utmost ease. It's all about training your brain to ensure that it absorbs information quickly and helps you retrieve it whenever you want. We have everything covered perfectly in the book that is not going to take hours to read – but it will share ways that will stay with you for a lifetime. **BENEFITS This Book Will Teach You** · Discover the science behind your brain and how memories are made · The secret art of memory - memory techniques used by the world's most successful · Brain training - how to significantly improve your brain capacity · Food for thought - Super foods that will boost your memory · Additional factors that will fine tune your brain and memory · And Much More... This books contains an insight into the history of the human brain and how it has evolved over time with an explanation into different parts of the brain and how it makes you, understanding its functionality would assist you in improving your memory through four proven strategies for remembering and six important steps to maintain a healthy brain.

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Memory Improvement Frank Steven,2019-07-23 How to achieve a razor-sharp memory that runs at lightning speed, even if you're a total scatterbrain who forgets absolutely everything.When it comes to memory loss, one fact is indisputable: we will all experience it at some point in our lives. By the time we hit the age of 27, our brain has already begun its slow decline and more frequent memory loss is an inevitable side effect. In addition to this, there are many conditions that can exacerbate memory problems, ranging from depression, poor sleeping habits, to drinking or a thyroid imbalance. Stress is a well-known trigger of memory loss and with 75% of Americans reporting that they feel stressed, are any of us really safe? In Memory Improvement, you'll discover: The powerful technique that INSTANTLY boosts creativity, memory retention, and problem-solving skills (You'll absorb new information and take your learning capacity up several levels!) The ten types of brain exercise you must practice to become as sharp as a tack. Ten simple practices to add to your daily routine for the maintenance of healthy cognition. Which physical exercises are best for your brain's specific needs and why. Foolproof tips for memorizing dates and numbers. The real reasons why we experience forgetfulness. Meditation techniques for laser-focus and memory expansion. (Amp-up your cognitive functions and extend far beyond your brain's current capacity!) And much, much more...As a FREE bonus, you'll also receive a chapter from NLP 2.0 Mastery: How to Analyze People because we believe that killer human analysis skills will truly complete your arsenal of brain-enhancing tools.Even if your mind is a mess and you can barely keep track of easy details like names or faces, the extensive research behind this guide will give you all the tools you need to expand your memory capacity, enhance your cognitive speed, and boost your IQ.By relying on the latest scientific research, this guide will help you identify the best strategies for your unique brain to achieve a high-functioning memory, and never feel slow again.So if you want to access these expert-tested tips and tools, and finally transition from 'total mess' to 'total mastermind', then you should listen to this audiobook!

Marvelous Memory Boosters Beth M. Ley,2000

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Memory Improvement & Brain Training: Unlock the Power of Your Mind and Boost Memory in 30 Days Speedy Publishing,2019-11-22 There are several benefits to memory improvement techniques. First, people who use these techniques do better at the workplace. Stronger memory makes you detail-oriented. Next, if you're in school or thinking of going back, using memory improvement techniques will ensure that you do well on tests. The mind is like any other muscle. If it's been exercised, it performs better. Improve your memory ASAP.

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