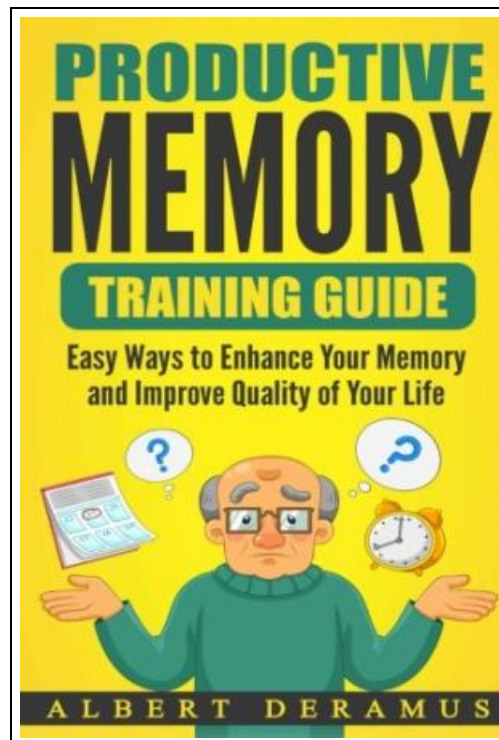


## Productive Memory Training Guide: Easy Ways to Enhance Your Memory and Improve Quality of Your Life



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*The publication is straightforward in study safer to recognize. It is written in straightforward words and never hard to understand. It has been printed in an extremely straightforward way and it is just after I finished reading this book through which basically modified me, affect the way I think.*

*(Percy Bernhard)*

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. This book is the memory enhancing guide the book market has been lacking. It is great for beginners, not only because it is written in a manner that is very easy to understand, but also because matters of memory have been discussed from scratch. You do not need to have any prior knowledge about the brain or the memory, for you to understand this book. Moreover, it is comprehensive and covers virtually everything you need to know about your memory. It explains what memory is and shows you vividly how it works, from creating the material that is to be committed to memory up to the stage of memory retrieval. There are also plenty of practical exercises contained in the book, and because they are simple and clearly explained, it is very easy for you to try them out and then observe the positive impact on your memory in a matter of days. In fact, there are some exercises and tricks that begin to signal some improvement on your memory after only a couple of trials. Another great aspect of this guide is that it helps to shape a style of life that is conducive to the health of your memory. It points out the things that people do in everyday life that make their ability to remember deteriorate, and it gives helpful suggestions as to how to shed the unhealthy habits. It proceeds to introduce easy and interesting daily habits that you can develop, and which can greatly improve and sustain the health of your memory even without consciously thinking about it. The guide also mentions what the enemies of your memory are, and proceeds to explain what you...



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