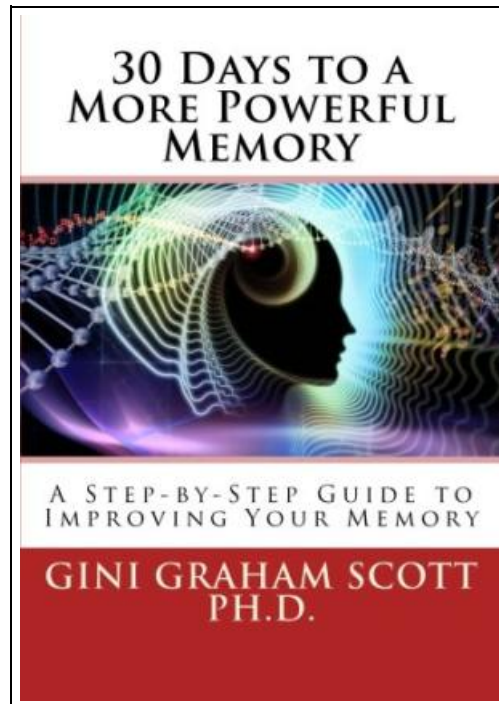


30 Days to a More Powerful Memory



Filesize: 8.69 MB

Reviews

These sorts of ebook is the best publication accessible. It is amongst the most amazing ebook i actually have read. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Jace Gusikowski IV)

30 DAYS TO A MORE POWERFUL MEMORY



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 288 pages. Dimensions: 10.0in. x 7.0in. x 0.7in. Everyone wants a better memory and in today's information-filled, multitasking age, having a good memory is more important than ever. 30 DAYS TO A MORE POWERFUL MEMORY is designed to help anyone improve his or her memory. Besides drawing on the latest findings from brain and consciousness researchers, psychologists, and others about what works and why, it includes a variety of hands-on techniques and exercises, such as memory-building games and mental-imaging techniques. While some chapters deal with basic ways of preparing your mind and body to remember more, such as improving your overall health and well-being, the main focus is on the techniques you can use day to day to improve your memory. Plus it includes chapters on creating systems so you have memory triggers or you can reduce what you have to remember, so you can concentrate on remembering what's most important to you. It suggests committing a 30-day period to working with these techniques, while readers can select the chapters that most interest them. This 30-day period is a time to hone new memory skills and make them a regular part of one's life. The book also includes a few introductory chapters that describe how the brain works and the different types of memory that create a memory system. While the focus is on using these memory skills for work and professional development, readers can use these skills in their personal life, too. This completed book features these chapters: 1. How Your Memory Works 2. How Your Long-Term Memory Works 3. How Good Is Your Memory 4. Creating a Memory Journal 5. Pay Attention!!! 6. Improving Your Health and Your Memory 7. Decrease Stress and Anxiety to Remember More...



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