



Memory Improvement: How to Improve Your Memory and Sharpen Your Mind

Christopher Benzene

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Have you ever set your car keys or cell phone down, then not been able to remember where you set them later? Do you forget names moments after meeting someone for the first time? Do you have trouble remembering numbers like phone numbers and dates? Do you wholeheartedly believe you're absent-minded or forgetful? If you answered yes to any of the above questions, "How to Improve Your Memory and Sharpen Your Mind" may be the book that changes your life. The systems, tips and techniques taught in this groundbreaking new book teach you how to lock memories in so they can't escape, then recall them at will. Topics covered in this book include: - Simple tips that will immediately improve your memory. - Factors that may be contributing to your memory loss. - Exercises to work out your body and brain. - Foods you should add to your diet to promote brain health. - Foods that need to be eliminated from your diet. - Simple tricks to help you remember complex numbers. - A foolproof method to help you remember and recall names. - A number of memory-enhancing tips and techniques that can be used to give you the memory you've always wanted. The techniques, tips and tricks covered in detail in this book are the same techniques used by Memory Contest champions around the globe. Learn what they know that the average person doesn't.

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