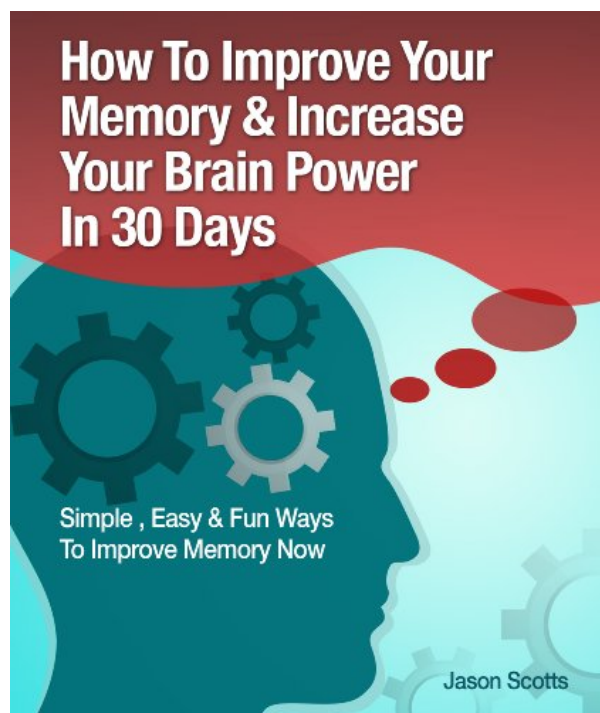


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"How to Improve Your Memory & Increase Your Brain Power in 30 Days" is a text that is focused on methods that can help individuals to improve their memory in a relatively short period of time. The author starts out pretty simply with a definition of what memory is and then progresses into the various methods that can be effectively used to improve memory. The text is appropriate for those individuals that are interested in learning some tried and true methods that can be used to improve memory. In our fast paced society there are an ever increasing number of things the need to be retained and any method that can be used to improve it is extremely advantageous. The reader does benefit from what the author has opted to divulge and the techniques can easily be understood and executed right in the home. Overall the book is a great point of reference for memory improvement.

- Sales Rank: #1176034 in eBooks
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Resource at home & work

By Dee

Having a mother who suffered from dementia; I try to keep my mind focused. Memory technique guides offer a lot of helpful tools to do just this. This one offers much more. It explains why memory, is important to your health, your employment, and your overall well being, of mind-body & soul. It offers many different ways to boost your memory. It touches on the importance of repetition. The writer has made a great presentation by keeping topics aligned, and more. I would consider this a resource in the home, workplace & even use some of these tried & true methods in a social science, making challenges and such. Hrm..IMHO (In My Humble Opinion) I give this a 5 star .

Just so you know, I purchased this product at a discount to give you an honest and unbiased review & this is what you got. My reviews are 100% from my personal experience, and simply my opinion on the product. If you find this helpful, please click the box below saying you find this review helpful. Thanks for reading :)

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Must Read Extremely Intriguing

By Collin

Browsing the Web one day I stumbled upon this title and was intrigued by the cover. After downloading this on my kindle and reading it I was amazed by the great writing style the author had and the insights he had on the topic of memory and brain power. He brings up a great point that memory is vitally important for survival and quality of life. In this reading there are ten ways to improve your long term memory one of which being through eating a healthy and proper dieting which I have found great success in. Ever since I

have changed my diet and eating more fruits and vegetables I have noticed an increase in productivity and alertness on top of a greater retention rate from meetings and reading documents. All in all I would highly recommend this book to anyone who is interested in learning new ways to improve their own memory and overall health! I did receive this literature for free but this review is not bias.

1 of 1 people found the following review helpful.

Memory training is a skill - use it or lose it

By luvbuniz

This book has a lot of good advice and techniques for memorization. The author stresses the importance of having a good memory, to lose it is to lose one's sense of self. He goes into detail in the workings of the brain and how different supplements affected. also there is a marriage of memorization techniques that can help aid your memory. I would definitely use these exercises in helping me learn several new languages.

I would keep and reread this book on my Kindle, as rote learning is also a good way of improving your memory. I received this book for little or no cost for an honest and unbiased review.

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