



Memory: A Guide to Improving It - 13 Ways to Improve Your Memory (Memory Improvement, Memory Improvement techniques, Hacking your memory, Memory, Memory tricks, Memory recall)

Simon Taz, Gilbert Garden Publishing

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You Can Supercharge Your Memory and This Guide Will Teach You How!

We only use approximately 1/3 of our brains, what would happen if you could unleash all your brain's potential? What could be the result, or how many things would you achieve. Well, I know you want that; we all do.

But what does it take to supercharge your brain to make it capture information properly, and retrieve that information accurately with no difficulty?

How exciting would it be that you no longer have to worry about forgetting;

People's names

Names of places

Important points

What your professor said in class

Important dates

Or anything else that needs your attention!

If you are tired of the scorns that you get when you forget people's contacts or any other important information or are tired about your poor memory that makes you forget critical information even after trying to memorize it, then you need help. Now is the time to stop worrying about forgetting information that could make the difference between passing and failing in a job interview, a course, or access key to private files. If you want to supercharge your brain to make it retrieve information without much struggle, this book is just for you. It will show you some 13 hacks that will help unlock parts of your brain that you've never thought existed.

Some of the things you will learn...

- What foods to eat to supercharge your memory
- Exercises That Are Good For The Brain

- Music and the brain
- Mnemonic Devices
- Tricks To Make Your Memory And Thinking Sharper
- And a ton more!

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