



Improving Your Memory: How to Remember What You're Starting to Forget

Janet Fogler

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Central to the book are sixteen specific techniques to improve your memory. Each technique is illustrated by clear examples and reinforced with exercises so that you can begin to sharpen your memory skills immediately. There is also intriguing information on how factors such as stress, inactivity, lack of organization and poor nutrition can affect memory for people of any age.

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Phyllis Force:

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