



Memory Tips and Tricks: The Book of Proven Techniques for Lasting Memory Improvement

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Boost your brainpower with *Memory Tips and Tricks*.

Like any other muscle in your body, your brain requires exercise to stay in shape and perform at its peak. Unfortunately, factors such as age, stress, and poor diet can contribute to permanent memory loss. *Memory Tips and Tricks* will explain the way memory works, and show you how to effectively combat memory loss. With simple techniques, you will be able to increase the capacity of your short-term memory, move new information into your long-term memory, and improve your ability to access stored memories throughout your life.

A practical guide to memory improvement, *Memory Tips and Tricks* will teach you how to enhance the power of your brain, with:

- Memory tools, tips, and techniques developed by leading experts, from an ancient Roman poet to modern psychiatrists
- A brief overview of memory, including the most recognized and trusted memory tests used by psychologists and neurologists
- 7 proven exercises for improving memory
- Effective methods used by the top memory champions to win world championships
- 20 foods and vitamins to boost your memory and improve cognition

A guide to understanding memory, *Memory Tips and Tricks* offers effective and powerful tips and techniques for enhancing your memory and keeping your brain fit.

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