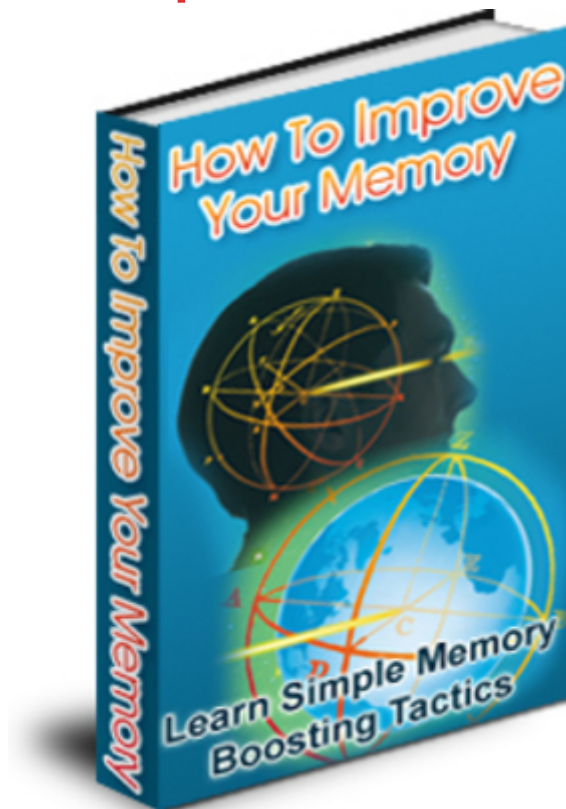


How To Improve Your Memory



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How to Improve Your Memory 2 Of The Main Benefits to Improving Your Memory 1) You Can Finally Remember Where You Left Those Pesky Keys! Alright, so there are lots of things that you can get help remembering, whether it's from your short term memory, like the keys, or your long term memory, like school studies. 2) You Won't Struggle to Learn What Works Best for YOU Memory is tricky, as different people remember things in different ways. It is easy to overlook the simple, yet effective techniques that will help YOU remember what you are aiming for. Here is what you will learn inside this guide.... # Stages of Memory Formation. We look closely at how our brain forms the different types of memories that we will recall later on in our lives. # Ways in which we can improve our memory. Provides you with some simple ways in which you can improve your memory drastically....and it only takes a few small changes. # Healthy Habits - Looks at ways of improving your health, and how having a good diet is crucial to improve your memory. What you eat really does affect what you remember! # Using Association to Remember. In this chapter, we look more closely at how association in various different ways can help a person to improve their memory. This is the easiest, yet most effective, technique for improving memory...and we'll

show you several different ways to make sure you find the right one for you. # And a lot more!

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