

Improve Your Memory, Your Thinking And Your Life - Dr Peter Dingle

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This book will help you dramatically improve your memory. It will show you how to go from a mediocre or poor memory to a near perfect one. It will also show you how to care for your brain, look after your body and avoid Alzheimer's. The simple steps you learn in reading this book can make a huge difference to your life. Author: Dingle, Dr Peter Publisher: Barker Deane Publishing Illustration: N Language: ENG Title: Improve Your Memory, Your Thinking and Your Life Pages: 00000 (Encrypted PDF) On Sale: 2007-06-08 SKU-13/ISBN: 9780646499895 Category: Self-Help : Personal Growth - Memory Improvement Category: Psychology : Developmental - Lifespan Development Category: Health & Fitness : Diseases - Nervous System (incl. Brain)

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