

Total Memory Workout: Eight Easy Steps to Maximum Memory Fitness

Cynthia R. Green



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Total Memory Workout: Eight Easy Steps to Maximum Memory Fitness Cynthia R. Green This work presents powerful, yet practical, techniques for improving powers of recall. It includes 10 lifestyle factors likely to reduce memory potential - and how to change them, a brain-power boosting diet, and techniques to remember names, faces, appointments and dates.

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