



101 Ways to Improve Your Memory Games - Tricks - Strategies

Editors of Reader's Digest

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Train your brain with fun, easy, innovative exercises and entertaining games that will keep your mental juices flowing and your memory sharp for years to come. In this motivating volume with over 1,000 full-color photographs, illustrations, diagrams, and puzzles, you'll find an abundance of ways to keep your mental juices flowing. Through a variety of quizzes that reveal your brain's strengths and weaknesses, more than 500 puzzles to give your memory muscle a good workout, plus fascinating text, you'll be able to understand and enhance your memory. Inside you'll find something the whole family can enjoy:

* *Exploring the Memory*, find out which senses you use the most, test your memorization skills, and discover how to gain concentration

* *Memory in All Its Forms* explains how some of our actions become automatic, how our minds organize knowledge, and why your brain represses and forgets things

* *Improving Your Memory* provides hints on how to use mental images and mnemonic tricks for memorizing

* *My Memory and My Life* describes how your memory functions at different stages of your life, how your memory retains things, and how stress and anxiety affects your memory

In addition to the practical exercises within each section, there are two built-in "booklets" that are jam-packed with entertaining and challenging puzzles that increase with difficulty as you progress.

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