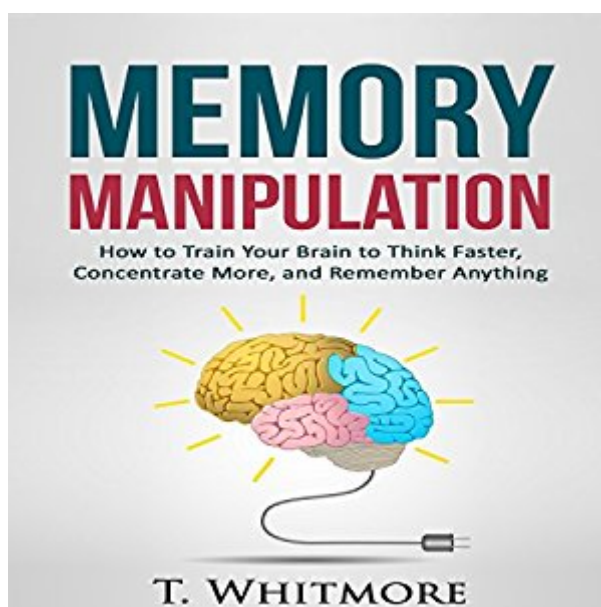


The book was found

Memory Manipulation: How To Train Your Brain To Think Faster, Concentrate More, And Remember Anything: Learn Memory Improvement And Boost Your Brain Power



Synopsis

Memory Manipulation Learn Memory Improvement and Boost Your Brain Power Do you consider yourself forgetful and need help in improving your memory? Are you worried because you have trouble concentrating and tend to forget even the simplest things? Whether you're already in your twilight years and are already experiencing memory lapses, or you just want to improve your memory to do better in school or at work, the good thing is that you have the ability to increase your brain's ability no matter what age you are! Several studies show that the brain has the ability called neuroplasticity where it can adapt to change no matter what age you are. That means, even if you start training your brain as an adult, your memory can still be improved; and I will show you how to remember anything with this book. Here are a few things you will learn from this book: Causes of memory loss Memory improvement techniques Things you can do to keep improving memory and prevent memory loss Visualization and association Ten foods that improve the memory And much more! Scroll to the top buy now.

Book Information

Audible Audio Edition

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Customer Reviews

What attracted me most to this book you, apart from the fact that my son needs this, is that it has some memory improvement techniques that were discussed so well. I am positive that these techniques will teach my son some learning strategies so that he can learn faster. Good thing that I came across this book, this would really help my son in improving his memory. The things and facts given here can improve his memory and will also teach him how to keep focus and remember things for long periods. This is what he needs when he goes to college. This is extremely a great guide that

has covered all the memory improving techniques as well as tips for memory enhancement. Plus it has given 10 foods that will help improve his memory more. This is such a bonus!

I am giving this book a very high rating because I think I read it but I can't remember but I'm guessing that it was very, very good. There are some people out there with great memories and excellent interpersonal skills. We've all probably met someone like this.... They seem to remember your name, your face, and little details about your life and past conversations way more than the average person. And we all LOVE being around these people. They make us feel important and valued, because it could be a year since you've seen them (and you only met them once), and they will recall specific details about your life and ask about them ("How is your grandmother doing? Last time we talked, she had just fallen and broken her hip. I hope she is doing ok."). I totally want to be one of those people. Hence this book! It is full of excellent exercises to strengthen your memory, to become one of those great people who make others feel so valued...all because of an acute awareness and a strong memory. I'm still in the middle of the book, but I am truly invested into trying everything so that I can improve. The book is great because it provides little exercises to help you see immediate progress. Not quite changing the world with my memory yet, but I'm hoping this will help. Next time we have a conversation, I promise I'll remember!

Amazing book on memory manipulation. This book shows how to train your brain to think faster, concentrate more and remember anything. It is a very useful book. Inside this book you can find the human memory explained, causes of memory loss, memory improvement techniques, things you can do to keep improving and prevent memory loss, 10 foods that improve the memory. These contents are great to know about it. I got lots of information from this book. Highly recommended.

The book lists and explains some of the best methods and exercises we must learn and follow to enhance our ability to learn new information, and improve our memory at any age. Some of the practical tips are fun. This is extremely a great guide that has covered all the memory improving techniques as well as tips for memory enhancement.

The book lists and explains some of the best methods and exercises we must learn and follow to enhance our ability to learn new information, and improve our memory at any age. This should also be helpful for professionals whose job require a lot of thinking and memorizing. Highly recommended!

Incredible! A very helpful book that helps in memory improvement. I am getting older and I must say I tend to forget things to do. I need this book in my daily life routine and I would love to recommend this to everyone who has memory problems already. So much worth recommending to others!

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