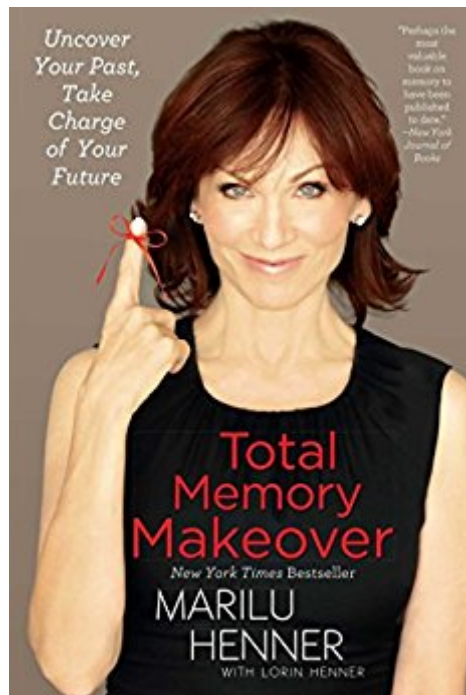


The book was found

Total Memory Makeover: Uncover Your Past, Take Charge Of Your Future



Synopsis

If you could remember the confidence you felt when your prom date said yes, could it embolden you to ask for a raise today? Could the thrill you felt fitting into your skinny jeans five years ago inspire you to skip the doughnuts this morning? Would the details of your early days with a heartbreaking ex help you recognize the potential red flags in a sexy new romance? Marilu Henner says, "YES!" • In this revolutionary new book, the New York Times bestselling author, renowned health advocate, actress, performer, and memory expert helps you develop the ability to remember more of your past, to recall it more clearly, and most of all, to understand your memories as a blueprint for the extraordinary life you were meant to have! Marilu is gifted with Highly Superior Auto-biographical Memory (HSAM), a rare and incredible ability that allows her to vividly recall every detail of her life since childhood. While most of us may prefer to keep the unhappy times buried in the past, Marilu has discovered that only by remembering what happened then can we change our lives for a better now. The past is prelude to the future. But how much of our lives do most of us really remember? And what would our memories tell us if they could? Get ready to harness the power of your autobiographical memory. Total Memory Makeover is unlike any memory book ever written. It's not about using mnemonic devices or unusual strategies to remember lists, definitions, names, or numbers. The simple, practical (and fun!) exercises in this unique book will help you: • Stop turning painful memories into emotional baggage • Discover your personal memory Track • Unlock repressed memories that are holding you back • Understand the four types of memory retrieval "Horizontal, Vertical, Mushrooming, and Sporadic" and determine which works best for you • Recall memories faster and stop them from fading • Teach your kids to have great memories • Turn your newfound memories into a treasure map to a successful future! Are you ready? Let's get started on your Total Memory Makeover!

Book Information

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Customer Reviews

Marilu Henner has a gift that is known to only six other people in the world. She can recall every detail of her life, now just the big events like the day Kennedy was shot, 9-11, or a surprise birthday party... but also a random Thursday in August of 1980, or a Sunday morning any year since she has been five. In *Total Memory Makeover*, Marilu shares the benefits to having such a memory, and shares exercises we can all do to strengthen our own memories. *Total Memory Makeover* is exactly what it says it is. An audio book (or book) about Marilu's gift of total recall, and what we can do to strengthen our own skills. 7 hours and 58 minutes long, Marilu takes us through her growing up with this skill, and how it can be used to help us make better choices in our present day. I found it interesting that Marilu explains that by remembering moments of great pain in our life (say, like a break up) it can help us see the red flags as we go into new relationships. And that works for good things too... by remembering how great it felt to fit into a smaller size of jeans 4 years ago can help us say no to bad food choices today. While the audio was interesting, there are a lot of times throughout the reading that Marilu had tasks for the reader. We are asked to write down dates like our 21st birthday and remember everything we can about that event. For me personally, I am an active audio listener, meaning I cook or clean while listening to audio and I did not do the little tests that required hitting pause. Overall this is an interesting read, Marilu did a wonderful job of narrating, and I think if you are really looking to work on your memory skills she has some wonderful tips for doing so and advice to get you started.

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