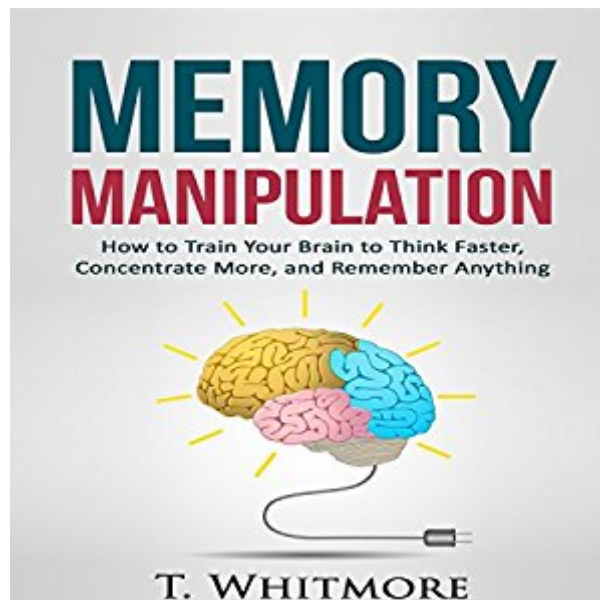




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Memory Manipulation: How To Train Your Brain To Think Faster, Concentrate More, And Remember Anything: Learn Memory Improvement And Boost Your Brain Power



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

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Customer Reviews

I intentionally bought this book hoping to find cure and some enlightenment with my problem about forgetfulness. This book helps me understand that there are quite a lot of reasons why people forget or experience memory loss. The good thing is, this problem could be prevented or addressed if you keep your brain healthy. There are memory improvement techniques and exercises that this book provides. This could sharpen our memory and avoid forgetting things. This is highly informative.

One of the amazing qualities of the brain is that it is highly programmable and has an astonishing ability to adapt and change. So there are lots of things we can do when we want to stay mentally sharp. 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 too..

I've been having a hard time remembering things lately and I was alarmed because of it. Good thing I chose to help myself by reading this book and I was willing to do the techniques that are shared in this Memory Manipulation book. And I'm glad to see the improvements in myself and my memory. Thank you!

This book is very helpful for those with memory issues from chemo or any other type of head trauma. Great ways to help to improve memory.

This is a really practical guide to many different memory techniques (names, faces, numbers, lists, etc) which *heaps* of examples. This is a much more practical guide on how to memorize things. Concise, instructive, useful.

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!

I thought I purchased a book on Memory enhancements, however it should have been called a pamphlet. The rest of the book was for positive thinking. The correct name of this book should have been, How To Improve Your Outlook On Life"! If you are looking for a book with memory exercises steer clear of this light weight second grade primer.

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Powerful Strategies To Enhance Your Memory - The Ultimate Guide to Unleash Your Brain's Potential (memory loss Book 1)

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