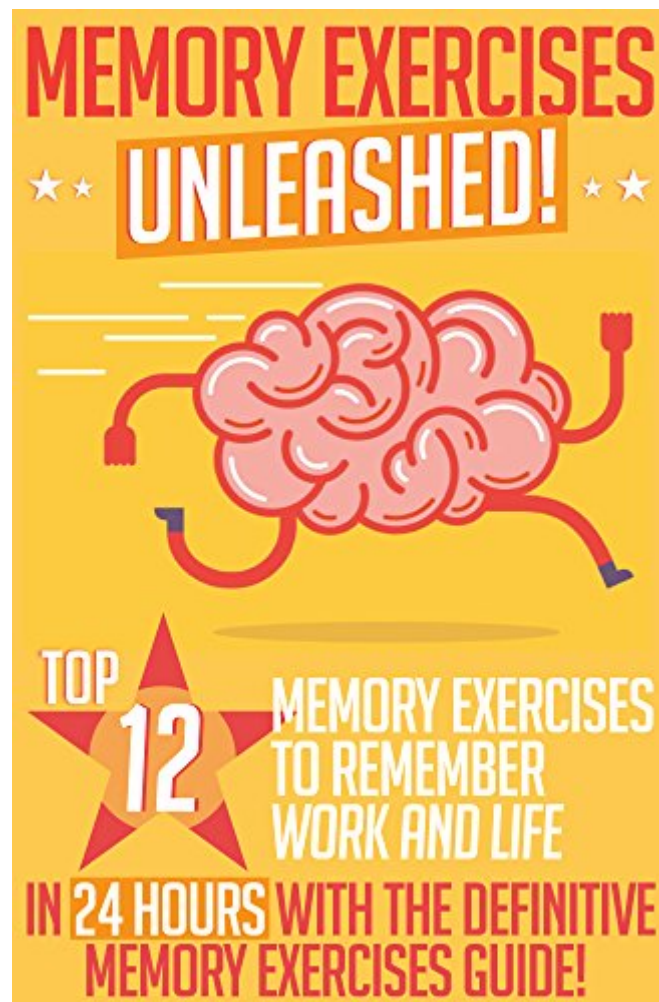


The book was found

Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory Exercises, Memory, Brain Training)





Synopsis

... LIMITED TIME BONUS INCLUDED: FREE EBOOK Reveals The Fun, Painless, And Fast Ways To OBLITERATE Tedious Work TODAY!... RIGHT NOW Discover The Memory Exercises That Make Your Life Unforgettable! Today only, get this #1 Best Seller Kindle eBook for just \$2.99! Regularly priced at \$20.98. Read on your PC, Mac, smart phone, tablet, or Kindle device.

****We've included tried and true brain training methods for guaranteed improvement of memory retention!****

Hi Friend! I'm happy you're taking the time to look at this book – it shows that you're really committed to improving memory retention. It also shows that you value optimal brain health, deterring memory loss conditions, and remembering the little things in life. And that last piece is the stimulus for writing this book. You see, I forget the simple things like when appointments are, what the script to my presentation is, phone numbers, and what my special someone said to me. And, wow, does that person get upset! I say to them, “Yes, I was listening. Yes, I do care about you.” But far too often I remember what they said, go on to another task, and then simply forget it! This happened too often so I decided to use memory exercises to make life better. And the benefits are vast. For example, one can avoid being overwhelmed by too much information, feel less stressed, and be less distracted. Excel in test prep without sleepless nights. Avoid embarrassing reminders about important events. What you have coming in the following chapters are tried and true, field tested, real world solutions for memory retention. If you apply even a fraction of the material covered here, your memory will be improved by tomorrow morning. Believe that! In “Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work and Life In 24 Hours With The Definitive Memory Exercises Guide” you will have practical, small, yet powerful means to make life unforgettable. And this is where the book truly shines. You can implement these strategies in minutes and repeat them as often as you want. Do them with other people. Teach your employees. Make them bonding experiences with loved ones. These are yours to use and master. So move ahead, read on, and remember... make your life unforgettable! Live life fully!

John Market

This Exciting Memory Exercises Book Includes... Eating Your Way To A Better Memory
Decluttering Your Mind
The Mnemonic Secret
How To Approach Old Age
Focusing
Breaking Bad Routines
And Much, Much More!

This step by step guide will help you develop a better memory!

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Book Information

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Improvement

Customer Reviews

I was given this book by Reading Reviews for a review. The book was to The point and gave ideas on how to improve memory. Being a multitasking master as I've been called may not be the best for my memory. This book gave me ideas on how stress can be a factor in being forgetful. It also indicated that clutter can be a problem. At work where I have control of my work area there is no clutter. No papers most of the time because I do most of my work electronically but at home there's clutter. Gave me lots of food for thought.

This book contains a number of exercises to help improve your memory. They seem to make a lot of sense, but they will require you to actually DO them. No effort - no results. And I believe you have to them on a very regular basis for at least a few weeks before seeing results. But I resolved to try it!! I was provided with a complimentary copy of this book, through Reading Deals, so I could give an honest review.

"Memory Exercises Unleashed" is short, concise and well written. It's a quick read that packs some good information. I would recommend it as a starter book to gain ideas, but if you've read several other books on memory retention, you may not gain a lot from this one. I received this book in

exchange for my honest review.

This book contains a lot of information about and suggestions for boosting your memory. There are also several exercises that readers can do. I intend to treat it as a resource that I return to from time to time - as there is a lot to digest in one go. The author communicates in an easy-to-read style

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