

Improving Your Memory For Dummies

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This is a great book, teaching in typical "for dummies" fashion about a complex topic in simple and vivid language. I consider it both a great stand-alone reference book (if you're going for a basic understanding of how memory functions, how to improve it, and a bit of technical knowledge on the side), as well as fabulous "jumping point" for pursuing a more in-depth study of the topic ...

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Chapter 5: Supplementing Your Memory. Chapter 6: Avoiding the Memory Suppressors. Chapter 7: Balancing Your Mind for Memories. Part III: Preserving Your Memory. Chapter 8: Tricking Yourself into Remembering. Chapter 9: Troubleshooting Your Forgetfulness. Chapter 10: Keeping Your Memory Sharp as You Grow Older. Part IV: Exercising Your Memory Every Day.

So you want to improve your memory. Good! You've come to the right place. Your memory can be the key to success and enjoyment on the one hand or the key to mistakes and concern on the other hand. Practically all of us have first-hand experience on both hands. Improving your memory is a worthwhile activity no matter how old you are, from high school student studying for exams to carefree retiree making new acquaintances. Wherever you are, whatever you're doing, you can improve your memory, and I can show you how.

Practical tips and techniques make remembering a snap Jog your memory with exercises to help you at home, at work, anywhere! Whether you are cramming for an exam, have trouble remembering names, or you just want to give your overall memory power a boost, this plain-English guide offers clever tricks to help you remember what you want to remember. You'll discover how your memory works and how to enhance it in all types of situations. The Dummies Way * Explanations in plain English * "Get in, get out" information * Icons and other navigational aids * Tear-out cheat sheet * Top ten lists * A dash of humor and fun Get smart! @www.dummies.com * Find listings of all our books * Choose from among 33 different subject categories * Sign up for daily eTips at www.dummiesdaily.com

Troubleshoot your forgetfulness! Remember dates, appointments, people, and more! Whether you're having trouble remembering birthdays, names, or appointments, or you just want to give your overall memory power a boost, this guide offers clever tricks to help you remember what you want to remember. You'll discover how your memory works and how to enhance it in all types of situations. Discover how to: Remember a list without writing it down Cut through memory fog Organize your memories for faster recall

Troubleshoot your forgetfulness and sharpen your memory skills Whether you're having trouble remembering birthdays, names, or appointments or you just want to give your overall memory power a boost, this guide offers clever tricks to help you remember what you want to remember. You'll discover how your memory works and how to enhance it in all types of situations. Open the book and find: How to remember a list without writing it down Ways to cut through the memory fog Mnemonics basics and other memory techniques Tips and tricks to organize your memories for faster recall

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Mastering the latest fitness craze-keeping your brain healthy at any age Judging from the worldwide popularity of the brain game, Nintendo DS, and such mind-bending puzzles as SuDoku and KenKen®, keeping one's mind as limber as an Olympic athlete is an international obsession. With forecasters predicting over a million people with dementia by 2025, today's young and senior population have a vested interest in keeping their grey matter in the pink for as long as possible. Training Your Brain For Dummies is an indispensable guide to every aspect of brain fitness-and keeping your mind as sharp, agile, and creative for as long as you can. Whether you want to hone your memory, manage stress and anxiety, or simply eat brain healthy food, this guide will help you build brain health into your everyday life. Includes verbal, numerical and memory games, brain games to play on the move, tips on the best day-to-day habits, and long-term mental fitness techniques Offers ten key brain training basics, tips on brain training through one's lifetime, and improving long- and short-term memory Includes advice on improving creativity, developing a positive mindset, and reaping the rewards of peace and quiet With tips on mind/body fitness, Training Your Brain For Dummies is a must-have guide for anyone, at any age, for keeping one's mind-and quality of life-in peak condition.

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one hand or the key to mistakes and concern on the other hand. Practically all of us have first-hand experience on both hands. Improving your memory is a worthwhile activity no matter how old you are, from high school student studying for exams to carefree retiree making new acquaintances. Wherever you are, whatever you're doing, you can improve your memory, and I can show you how.

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