

Learn to Remember : Practical Techniques and Exercises to Improve Your Memory

Dominic O'Brien



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Learn to Remember : Practical Techniques and Exercises to Improve Your Memory Dominic O'Brien Can't remember the name of that enchanting person you met...yesterday? Struggling to recall where you were supposed to meet your friend for dinner? Help is here. The latest title in our best-selling self-help series, *Learn to Remember* is a beautifully illustrated and expertly written guide to enhancing and improving the memory. By targeting key brain functions, *Learn to Remember* leads readers through the memory maze. It begins with a detailed, easy-to-understand explanation of how memory works, covering long-term, shortterm, and suppressed memory, as well as storage, retention, and recollection. By following various tried-andtested methods and the step-by-step exercises, readers can train their memories to be more effective expanding range and improving accuracy and efficiency. Filled with expert advice and 150 colorful illustrations, *Learn to Remember* offers a unique approach to an age-old problem. Write this one down!

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