



The Quick & Easy Guide to Memory Improvement

Thomas C. Randall

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Are you suffering from a loss of memory? Are you frustrated because you can't find your keys every morning? Do you have an important exam, interview or presentation coming up? Do you need to do something about these situations, and do you need it FAST? The Quick and Easy Guide to Memory Improvement is a minimalistic guide to improving your memory. It is a compilation of practical memory-boosting tips that you can implement right away for both short-term and long-term results. From your study room to social gatherings, this book will teach you how to work on a better memory in every area of your daily life. Without going into extensive discussions on the scientific background or the history of a theory, this book will get you started as soon as you finish reading about the first tip. Once you get the hang of the easy and fun exercises in this book, you will be amazed at the new you with an incredible memory power!

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