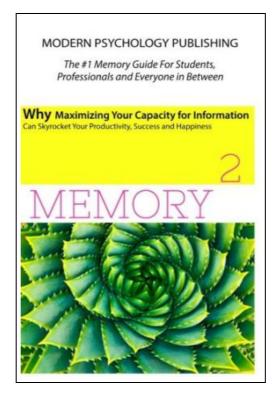
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Reviews

A must buy book if you need to adding benefit. It really is writter in easy terms instead of difficult to understand. I found out this ebook from my dad and i advised this publication to find out.

(Prof. Elton Gibson I)

MEMORY SQUARED: WHY MAXIMIZING YOUR CAPACITY FOR INFORMATION CAN SKYROCKET YOUR PRODUCTIVITY, SUCCESS AND HAPPINESS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you wish you had a better memory? Are you tired of forgetting details of important events, or just not able to recall names and numbers with ease? Maybe you are a student and are looking for a way to drastically improve your study habits. Or, perhaps you are looking for a technique to recall huge amounts of information to impress your friends at a party. Whatever the case, developing a powerful memory is an amazing tool that can not only reduce stress, allow you to accomplish more and impress others - but actually be fun to learn! Imaging having a house full of empty closets. You have all this extra space, but it never gets put to use. The empty space is a lot like your memory capacity. Your brain is capable of retaining far more information than most of us will ever use - In fact only 20 of your brain s memory forming neurons are used in creating your memories. Just think what you could do if you took advantage of the amazing capacity of your own cognitive powerhouse. You could store countless amounts of facts, names, numbers, places - and retrieve it at will. You could could improve your ability to process information in almost any other field - whether you are analyzing scientific data or auditioning for a play. This book will teach you the most powerful techniques to developing a sharp, accurate memory and expand your capacity for information. In this book, you will learn: - The science behind memory techniques - The differences between using long term memory, short term memory, and working memory - Why spatial memory is the key to unlimited memory,...

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