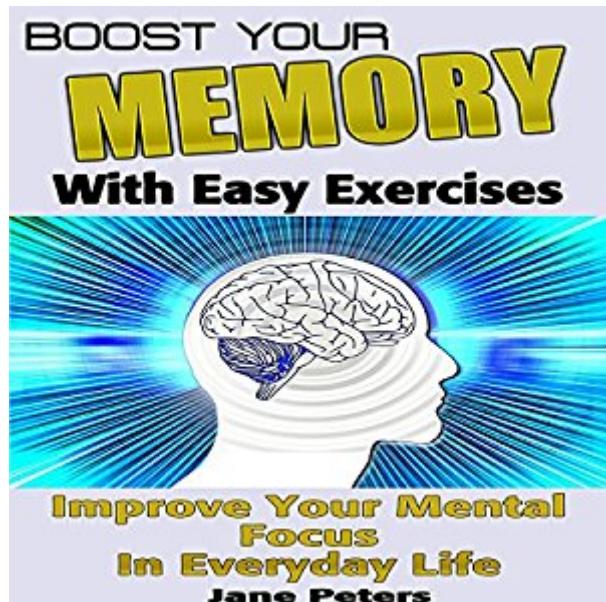


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# Boost Your Memory With Easy Exercises - Improve Your Mental Focus In Everyday Life



## Synopsis

Learn How to Boost Your Memory and Improve Your Mental Focus in Your Everyday Life Memories can be fickle things. Many people will have trouble remembering one type of thing, be it names or numbers. Some people are born with wonderful memories and have no trouble keeping things straight. Those born without this incredible ability have to find ways to strengthen their memories. Some do this through repetition exercises; some come up with nifty little games or tricks to keep their minds alert and focused. This book contains proven exercises that will enhance your mental focus and strengthen your ability to remember things through simple daily routines. There are a number of ways to help boost your mental acuity and memory. You do not need to do all of these by yourself; feel free to incorporate your family into your methods. Play word games with your kids, or memory if your children are younger. In this audiobook we will be taking a look at ways to improve your memory through many different strategies. We encourage you to try a few of these and see which ones boost your memory the most. It may help to put a few of these strategies together, using multiple methods to achieve your goal of memory retention. Listen to the audiobook and begin to improve your memory and mental focus today!

## Book Information

Audible Audio Edition

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## Customer Reviews

Jane nails this one. Repetition, visualization, organization, backtracking , cues, dissection and grouping are all techniques discussed in this short, but to the point book. Improving your focus, mental acuity, and overall memory is achievable, it just takes a little bit of effort and the right techniques. The techniques that will work best will vary by person, so knowing and understanding

all of these techniques and how to use them will help you try and test out which ones work best for you individually. I would recommend this concise read to help you improve your focus and memory.

Good book if you face memory problems! I am using those techniques and until now my memory is overclocked! I feel such I was not working before that! I would recommend it to read especially if you forget things!

Boosting your mental focus is one of my greatest failures. I am always inattentive, short attention span and low focus. With the book's comprehensive but basic approach, I somewhat improved this characteristics. It is easy to follow the concepts and apply it to your own lifestyle.

This book is really helpful to avoid memory gap. The steps and strategies to boost your memory and strengthening your ability to remember this are great. Very informative and very detail. Awesome book to read. Highly recommended especially to those who's sometimes forgetful!

This book was such an easy read. I love kindle books like this that teach me a lot for a great price. What drew me to this book was the fact that it wasn't just information about memory but that it actually included exercises. I actually did the exercises. They were fun and really think the worked. I'm happy I bought this book and it really delivered in terms of value for money and I'll be reading it again in the future!

A good book to read. I, myself am a forgetful person and I hope by understanding this key strategies my memory can be boosted. This book mentions about how important is a good health for the necessity of a good memory. It also tells us how repetition, organization and Visualization can help in improving memory. This short book is recommended for anyone especially if they are busy. They can just spend half an hour a day going through this and I guarantee they will benefit.

The book is simple and informative and aims to guide readers through the process of sharpening the mind by giving explanations to the various techniques discussed. The content is fairly easy to learn yet effective as was described in the title.

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