



## Memory: How You Can Learn Faster, Sleep Better, Remember More, Get Brain Improvement by Effective Learning Techniques! (Paperback)

By Brittany White

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover how to learn anything and improve brain If you are someone that is looking to stimulate your brain or give it a bit of a workout to help to improve your memory this book will be a great tool in helping you to achieve these goals. Perhaps you are having too many moments where you walk into a room just to find that you have forgotten why exactly you went to that room in the first place. Speaking for myself this was one of my own personal flaws in my short-term memory. Another favorite short-term memory flaw amongst many is the I can t find where my keys are situation we all too often find ourselves in. The good news is that in the pages of this book you are offered ways to help you to actually boost your memory simply by making a few adjustments in three areas: environment, diet and lifestyle. I am not suggesting that you make a total change in your daily habits, but instead adding some underused techniques that...



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